

ESTTA Tracking number: **ESTTA634006**

Filing date: **10/20/2014**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91212477
Party	Defendant GFA Brands, Inc.
Correspondence Address	JOHANNA M WILBERT QUARLES & BRADY LLP 411 E WISCONSIN AVE, SUITE 2040 MILWAUKEE, WI 53202-4497 UNITED STATES tm-dept@quarles.com, johanna.wilbert@quarles.com, dav-id.cross@quarles.com, DRC@quarles.com, marta.levine@quarles.com, andrea.fowler@quarles.com
Submission	Defendant's Notice of Reliance
Filer's Name	Johanna M. Wilbert
Filer's e-mail	johanna.wilbert@quarles.com, deena.rafinski@quarles.com
Signature	/s/ Johanna M. Wilbert
Date	10/20/2014
Attachments	GFA's 7th Notice of Reliance.pdf(10362 bytes) Ex G-1 Smart Balance Website_.pdf(2109551 bytes) Ex G-2 Earth Balance Website_.pdf(2233697 bytes) Ex G-3 Earth Balance Recipes_.pdf(5107780 bytes)

**UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

In the Matter of Application Serial No. 85/751,520: EARTH BALANCE
Published for Opposition March 19, 2013

BALANCE BAR COMPANY,

Opposer,

Opposition No. 91212477

v.

GFA BRANDS, INC.,

Applicant.

APPLICANT'S SEVENTH NOTICE OF RELIANCE

Pursuant to Rule 2.122(e) of the Trademark Rules of Practice and Section 704.08(c) of the Trademark Trial and Appeal Board Manual of Procedure, Applicant, GFA Brands, Inc., hereby submits, makes of record in connection with this opposition proceeding, and notifies Opposer, Balance Bar Company, of Applicant's reliance upon select pages from its Smart Balance and Earth Balance websites, and select pages from the Made Just Right by Earth Balance website. The websites are relevant to GFA's use of the SMART BALANCE and EARTH BALANCE trademarks. True and correct select pages of the Smart Balance website are attached as Exhibit G-1, true and correct select pages of the Earth Balance website are attached hereto as Exhibits G-2, and true and correct select pages of the Made Just Right by Earth Balance website are attached hereto as Exhibit G-3.

Dated this 20th day of October, 2014.

/s/ Johanna M. Wilbert

David R. Cross

Marta S. Levine

Johanna M. Wilbert

Andrea J. Fowler

Quarles & Brady LLP

411 East Wisconsin Avenue

Suite 2040

Milwaukee, Wisconsin 53202-4497

Telephone: (414) 277-5495

Facsimile: (414) 978-8942

Email: DRC@quarles.com

Email: marta.levine@quarles.com

Email: johanna.wilbert@quarles.com

Email: andrea.fowler@quarles.com

Attorneys for Applicant GFA Brands, Inc.

CERTIFICATE OF SERVICE

I hereby certify that on October 20, 2014, I served upon counsel of record the foregoing
by causing the same to be delivered by U.S. mail and email to:

R. Glenn Schroeder
Schroeder Law PC
110 Cooper Street #605
Babylon, New York 11702
gschroeder@schroederlawpc.com

Dated this 20th day of October, 2014.

/s/ Johanna M. Wilbert

Johanna M. Wilbert
Quarles & Brady LLP
411 E. Wisconsin Avenue
Suite 2040
Milwaukee, WI 53202-4497
Phone: (414) 277-5000
Facsimile: (414) 978-8942
johanna.wilbert@quarles.com

EXHIBIT G-1



-Any-



MENU

The Spread You Love Is **NOW NON-GMO**

What you put in your food matters. So does what you leave out.

Smart Balance is proud to be the only leading spread* with 100% non-GMO sourced ingredients.

[LEARN MORE](#)

Available at select retailers beginning in March and nationwide by summer 2014.



*Leading spreads analysis based on marketplace survey (Feb. 2014) of top 5 buttery spreads products (Nielsen Scan, Jan. 2014)



Try Out Other Delicious Non-GMO Spreads
Non-GMO ingredients are coming soon to every
Smart Balance® Buttery Spread.

[LEARN MORE →](#)



THE SMART BALANCE
FOOD PLAN™

[GET STARTED →](#)



Our Non-GMO Journey

As we work to make more of our products without GMOs, we want to keep you informed.

[LEARN MORE →](#)

Popular Recipes

[> View More](#)

- Grilled Salmon with Pesto
- Strawberry and Banana Skewers with Chocolate Peanut Butter Dip
- Peanut Butter S'Mores
- Grilled Balsamic Chicken Breast



Did You Know?

Our peanut butter spreads are already Non-GMO and available on a shelf near you.

[LEARN MORE →](#)

Connect With SB



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU 

Products



Buttery Spreads



Better Butter



Peanut Butters



Chocolate Peanut Butters



Milks



Cooking Oils and Sprays



Popcorns



Mayonnaise Dressing



Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here’s a plan you can dive right into, no matter what your current level. For examples of cardio...

Popular Recipes

- Shrimp Scampi

Peanut Butter S'Mores
- Grilled Balsamic Chicken Breast

Strawberry and Banana Skewers with Chocolate Peanut Butter Dip



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



Smart Balance® Original Buttery Spread

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- Delicious, creamy, buttery taste
- 100% non-GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(400mg per serving, 25% of 1,600mg daily value)
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- No diacetyl added
- Available in 15 oz, 45 oz, convenient Twin Pack (2 x 7.5 oz) and Club Size (2 x 2 lbs)

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Light Buttery Spread with Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery Spread



Buttery Spread with EVOO



Light Buttery Spread with EVOO



Organic Buttery Spread



Low Sodium Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Light Lemon Meringue Pie



Coconut Oat Cookies



My Favorite Stir Fry: Garden Fresh



Fresh and Light Apple Crisp

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



[MENU](#)

Smart Balance® Light Buttery Spread with Flaxseed Oil

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- 50% less fat and calories than butter or stick margarine²
- Delicious, creamy, buttery taste
- 100% non-GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- Vegan
- No diacetyl added
- Available in 15 oz, 45 oz

and convenient Twin Pack (2 x 7.5 oz)

- 1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.
- 2. Butter and stick margarine have 100 calories and 11g of total fat per serving. Smart Balance® Light Buttery Spread with Flaxseed Oil has 50 calories and 5g of total fat per serving.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Omega-3 Buttery Spread



Light Omega-3 Buttery Spread



Buttery Spread with EVOO



Light Buttery Spread with EVOO



Organic Buttery Spread



Low Sodium Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Tomato Bisque with Whole Wheat Grilled Cheese Croutons



Mini Phyllo Apple Pie Bites



Baked Lemon Sole



Cookie Cutter Sugar

[with Tarragon](#) [Cookies](#)

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



Smart Balance® Omega-3 Buttery Spread

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- Excellent source of Omega-3s EPA/DHA & ALA
(32mg EPA/DHA per serving, 20% of the 160mg daily value; 400mg ALA per serving, 25% of the 1,600mg daily value)
- Delicious, creamy, buttery taste
- 100% non-GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- No diacetyl added
- Available in 15 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with
EVOO



Organic Buttery Spread



Low Sodium Buttery
Spread



Buttery Spread with
Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Mexican Wedding Cookies



Peanut Butter Cookie



Boetter Koek (Dutch Butter Cookies)



Spice Rubbed Poached Halibut

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

Smart Balance

Natural Dark Chocolate

Dark Chocolate

Dark Chocolate

Smart Balance

Natural Dark Chocolate

Dark Chocolate

Dark Chocolate

og Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU

Smart Balance® Light Omega-3 Buttery Spread

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- 50% less fat and calories than butter or stick margarine²
- Excellent source of Omega-3s EPA/DHA & ALA
(32mg EPA/DHA per serving, 20% of the 160mg daily value; 320mg ALA per serving, 20% of the 1,600mg daily value)
- Delicious, creamy, buttery taste
- 100% non-GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- Non-Dairy
- Lactose free

- No diacetyl added
- Available in 15 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.
2. Butter and stick margarine have 100 calories and 11g of total fat per serving. Smart Balance® Light Omega-3 Buttery Spread has 50 calories and 5g of total fat per serving.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Buttery Spread with EVOO



Light Buttery Spread with EVOO



Organic Buttery Spread



Low Sodium Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Mexican Wedding Cookies



Herb Glazed Carrots



Grilled Corn Salad



Whole Wheat Orecchiette with

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

Smart Balance

Natural Dark Chocolate

Dark Chocolate

Smart Balance

Natural Dark Chocolate

Cinnamon

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

Contact Us | Product Locator | Privacy Policy | Terms | Investor Center | Press Room
Healthcare Professionals | Site Map — © 2014 GFA Brands, Inc. — Follow Us





-Any-



Smart Balance® Buttery Spread made with Extra Virgin Olive Oil

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- The great taste of extra virgin olive oil in a delicious, buttery spread
- 100% non-GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- No diacetyl added
- Available in 13 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Light Buttery Spread with
EVOO



Organic Buttery Spread



Low Sodium Buttery
Spread



Buttery Spread with
Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Chocolate Peanut Butters

Made with Buttery Spreads



Buffalo Bites (Vegan)



Chicken & Garlic White Pizza



Cookie Cutter Sugar Cookies



Date Pinwheels

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





c-all



MENU

Smart Balance® Light Buttery Spread made with Extra Virgin Olive Oil

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- 50% less fat and calories than butter or stick margarine²
- The great taste of extra virgin olive oil in a delicious, buttery spread
- 100% non-GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- Vegan

- Non-Dairy
- Lactose free
- No diacetyl added
- Available in 15 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.
2. Butter and stick margarine have 100 calories and 11g of total fat per serving. Smart Balance® Light Buttery Spread made with Extra Virgin Olive Oil has 50 calories and 5g of total fat per serving.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Buttery Spread with EVOO

Light Buttery Spread with Flaxseed Oil



Organic Buttery Spread

Omega-3 Buttery Spread



Low Sodium Buttery Spread

Light Omega-3 Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Light Lemon Meringue Pie



Herb Risotto and Crunchy Garlic Green Beans



Slow Cooker Tomato
Soup



Vegan Ginger Cookies

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING
NEW SMART BALANCE®
Natural Dark Chocolate
PEANUT BUTTER SPREADS



og Trans Fat
Non-GMO
Totally delicious

LEARN MORE

SLOW
COOKER
CLASSICS



Slow Cooker
Turkey Chili



Slow Cooker
Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





c-all



Smart Balance® Light Buttery Spread made with Extra Virgin Olive Oil

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller -pressed, non -GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- 50% less fat and calories than butter or stick margarine²
- The great taste of extra virgin olive oil in a delicious, buttery spread
- 100% non -GMO sourced ingredients
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- Vegan

- Non-Dairy
- Lactose free
- No diacetyl added
- Available in 15 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.
2. Butter and stick margarine have 100 calories and 11g of total fat per serving. Smart Balance® Light Buttery Spread made with Extra Virgin Olive Oil has 50 calories and 5g of total fat per serving.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Buttery Spread with EVOO

Light Buttery Spread with Flaxseed Oil



Organic Buttery Spread

Omega-3 Buttery Spread



Low Sodium Buttery Spread

Light Omega-3 Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Light Lemon Meringue Pie



Herb Risotto and Crunchy Garlic Green Beans



Slow Cooker Tomato
Soup



Vegan Ginger Cookies

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

Smart Balance

Natural Dark Chocolate

Smart Balance

Natural Dark Chocolate

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



Smart Balance® Organic Buttery Spread

- USDA Certified Organic
- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- Rich, creamy, buttery taste
- 100% non-GMO sourced ingredients
- Vegan
- Non-Dairy
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- Gluten free
- Gelatin free
- No diacetyl added
- Available in 13 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with
EVOO



Low Sodium Buttery
Spread



Buttery Spread with
Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Mini Phyllo Apple Pie Bites



Almond Chocolate Biscotti



Classic Vegan Banana Bread



Sunset Vegetable Chili and Brown Rice

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



[MENU](#)

Smart Balance® Low Sodium Buttery Spread

- Low in salt¹ to help support healthy blood pressure levels that are already within the normal range
- 2/3 less sodium than regular salted butter¹
- Supports healthy cholesterol levels that are already within the normal range²
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL²
- Sweet, creamy, buttery taste
- 100% non-GMO sourced ingredients
- Whipped for easy spreading
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free

- No diacetyl added
- Available in 13 oz

1. Smart Balance® Low Sodium Buttery Spread has 30mg of sodium per serving versus 90mg of sodium per serving in regular tub margarine.
2. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with EVOO



Organic Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Cajun Skillet Shrimp and Rice



Bananas Foster



Chocolate Oatmeal Squares



Whole Wheat Orecchiette with

Mushrooms and Peas

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





Smart Balance® Buttery Spread with Calcium

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of expeller-pressed, non-GMO oils that improves the ratio of “good” HDL to “bad” LDL¹
- Good source of calcium (100mg) – an essential nutrient for healthy bones
- 100% non-GMO sourced ingredients
- Delicious, creamy, buttery taste
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(400mg per serving, 25% of 1,600mg daily value)
- Excellent source of Vitamin D (20% daily value)
- Good source of Vitamin A (10% daily value)
- Gluten free
- Gelatin free
- The only buttery spread that’s both a good source of calcium and also provides 20% of your daily Vitamin D requirement, which is critical for building and maintaining healthy bones.

- No diacetyl added
- Available in 15 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our Food Plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with EVOO



Organic Buttery Spread



Low Sodium Buttery Spread



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Peanut Butters



Chocolate Peanut Butters

Made with Buttery Spreads



Oatmeal Raisin Cookies



Farro with Asparagus



Brownie Cookies



Double Chocolate Chunk Cookies

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



Smart Balance® HeartRight® Light Buttery Spread

- Delicious, creamy buttery taste
- Unique blend of heart-healthier ingredients to help promote healthy cholesterol¹ including:
 - Plant sterols that have been clinically proven to promote healthy cholesterol
 - Excellent source of Omega-3s EPA/DHA (32mg EPA/DHA, 20% of 160mg daily value)
 - Vitamin D, B6 & B12
 - Patented natural oil blend
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- 50% less fat and calories than butter or stick margarine.²
- Gluten-Free
- No diacetyl added
- Available in 12 oz

1. Helps to maintain cholesterol levels that are already within the normal range. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our food plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

2. Butter and stick margarine have 100 calories and 11g of total fat per serving, Smart Balance® HeartRight® Light has 50 calories and 5g of total fat per serving.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with
EVOO



Organic Buttery Spread



Low Sodium Buttery
Spread



Buttery Spread with Calcium



Original Buttery Spread with Flaxseed Oil - Twin Pack



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with HeartRight® Products



New-Fashioned Mashed Potatoes and Onions



Carrot Cake Cupcakes



Individual Egg & Cheese Casseroles



Spiced Jasmine Rice Pudding

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here’s a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING
NEW SMART BALANCE®
Natural Dark Chocolate
PEANUT BUTTER SPREADS



0g Trans Fat
Non-GMO
Totally delicious

LEARN MORE

SLOW
COOKER
CLASSICS



Slow Cooker
Turkey Chili

Slow Cooker
Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



Smart Balance® Original Buttery Spread with Flaxseed Oil - Twin Pack

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of natural oils that improves the ratio of “good” HDL to “bad” LDL¹
- Delicious, creamy buttery taste
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Excellent source of Omega-3 ALA
(320mg per serving, 20% of 1,600mg daily value)
- Excellent source of Vitamins D (50% daily value), B-6 and B-12
- Gluten-Free
- Gelatin-Free
- No diacetyl added
- Available in 2/7.5 oz

1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our food plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil.

Exercise regularly.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with
EVOO



Organic Buttery Spread



Low Sodium Buttery
Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Light Original Buttery Spread - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Crunchy-Top Apple Cinnamon Baked Oatmeal



Our Best Cookie



Honey Almond Chocolate Chip Cookies



Whole Wheat Buttermilk Waffles

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here’s a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

Contact Us | Product Locator | Privacy Policy | Terms | Investor Center | Press Room
Healthcare Professionals | Site Map — © 2014 GFA Brands, Inc. — Follow Us





-Any-



MENU

Smart Balance® Light Original Buttery Spread - Twin Pack

- Supports healthy cholesterol levels that are already within the normal range¹
- Made with a unique blend of natural oils that improves the ratio of “good” HDL to “bad” LDL¹
- Good source of Omega-3 ALA
(160mg per serving, 10% of 1,600mg daily value)
- 50% less fat and calories than butter or stick margarine²
- Delicious, creamy buttery taste
- No hydrogenated oils
- No partially hydrogenated oils
- 0g trans fat
- No palm kernel oil
- Good source of Vitamins A & E
- Gluten-Free
- Gelatin-Free
- Non-Dairy
- Lactose-Free
- No diacetyl added
- Available in 2/7.5 oz

- - - - -

- 1. The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from this product or our food plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.
- 2. Butter and stick margarine have 100 calories and 11g of total fat per serving, Smart Balance® Light Original Buttery Spread has 50 calories and 5g of total fat per serving.

SEE NUTRITION INFORMATION FOR FAT AND SATURATED FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with EVOO



Organic Buttery Spread



Low Sodium Buttery Spread



Buttery Spread with Calcium



HeartRight® Light Buttery Spread



Original Buttery Spread with Flaxseed Oil - Twin Pack



Buttery Burst® Spray

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Buttery Spreads



Crustless Apple Pie



NB-NG Cookies (No-Bake - No-Guilt Smart Balance Cookies)



Peanut Butter Cookie



Seared Scallops with

Mango Salsa

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

Smart Balance

Natural Dark Chocolate

Dark Chocolate

Smart Balance

Natural Dark Chocolate

Cinnamon

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp


VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

Contact Us | Product Locator | Privacy Policy | Terms | Investor Center | Press Room
Healthcare Professionals | Site Map — © 2014 GFA Brands, Inc. — Follow Us







MENU 

Smart Balance® Buttery Burst® Spray

- Delicious buttery taste in a convenient spray
- 0 calories
- 0g fat
- 0g saturated fat
- 0g trans fat
- 0mg cholesterol
- 0mg sodium
- 0g carbohydrates
- Available in 8 oz

SEE NUTRITION INFORMATION FOR FAT CONTENT



Nutrition Label

Cooking & Refrigeration

Product Locator

SUBMIT

Buttery Spreads



Original Buttery Spread



Light Buttery Spread with
Flaxseed Oil



Omega-3 Buttery Spread



Light Omega-3 Buttery
Spread



Buttery Spread with EVOO



Light Buttery Spread with
EVOO



Organic Buttery Spread



Low Sodium Buttery
Spread



Buttery Spread with
Calcium



HeartRight® Light Buttery
Spread



Original Buttery Spread
with Flaxseed Oil - Twin
Pack



Light Original Buttery
Spread - Twin Pack

More Products



Buttery Spreads



Better Butter



Peanut Butters

Made with Oils and Sprays



Chipotle Sweet Potato
Casserole



Fresh and Light Apple
Crisp



Asian Pan-Fried
Dumplings



Ham & Lima Bean
Soup

Popular Articles

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and...

Eight Steps to a Heart-Healthier Diet (Part 2: Steps Five to Eight)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D. Step Five: Balance your daily fat...

The Eight-Week (and Beyond) Plan

Here's a plan you can dive right into, no matter what your current level. For examples of cardio...

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

VIEW RECIPES

Slow Cooker Apple Nut Crisp



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





HEART HEALTHY ARTICLES

We've assembled a wealth of information regarding heart health, so that you can make informed choices and discover ways to maintain a healthier heart and live well.



Articles and info to help maintain and strengthen your heart.



Find all of the answers to the most common heart health questions.



Learn ways to eat heart-healthier and live well.

Protecting Your Heart

Eight Steps to a Heart-Healthier Diet (Part 1: Steps One to Four)

By Janis Jibrin, M.S., R.D., and Tracy Gensler, M.S., R.D.

Enjoy spaghetti with red sauce and a glass of wine? Bean burritos? Grilled fish? Zucchini, spinach, or any other vegetable sautéed in olive oil and garlic? Then heart-healthy eating is for you. We'll be walking you through 8 steps to heart-healthier living, starting now with steps 1 through 4!



Outsmarting Your Family History

By Deborah Pike Olsen

If your family tree is full of broken hearts, you may worry that there's a space for you on the next rickety branch. After all, one to five percent of people younger than 65 who have a heart attack are more likely to have inherited a susceptibility to heart disease.



The X Factor: How Heart disease affects men and women differently

By Austin O'Malley

Heart disease may be the number one worldwide killer of both men and women, but that doesn't mean it affects us in the same way.

Six Indulgent Ways to Help Protect Your Heart

Taking care of your heart is not just about exercise and losing weight. While additional studies are needed, new and emerging research suggests that each of the following may be pleasurable ways to help boost heart health.



The truth about emotional stress and your heart

Good news first: "Stress is not a direct cause of heart attack or the buildup of plaque inside your blood vessels," says cardiologist Stephano Sdringola, M.D., principal investigator for the heart disease research project known as the Century Health Study.

10 Ways Being Active Helps Your Heart

Sure, you know that living an active life is good for your ticker. But do you really know why exercise is such a powerful heart-disease protector? Be active, and see all that you'll reap.



A Stroke Prevention Guide for Women

By Deborah Pike Olsen

When you're living a heart-healthier lifestyle, you're not only working to protect your ticker, but you're also helping your brain ward off stroke.

Why Working Too Much Really is Bad for Your Heart

By Beth Sumrell Ehrensberger, R.D.

If you've been burning the midnight oil at work, you might want to forward this blog to your boss. New and emerging research published recently in the European Heart Journal found that British civil service employees who worked 11 to 12 hours per day had a significantly higher risk of heart attack, angina or coronary death than those who clocked a normal eight-hour workday.

A Healthier Heart in 10 Minutes

You already know that living an active life is critical for a healthy heart. In fact, it lowers your heart disease risk from head to toe. The good news is that it doesn't take much to reap the benefits of regular cardio.

Lights Out: How 5 smokers quit for good

By S. Jhoanna Robledo Wade

It's no news that smoking is the number one preventable cause of heart disease. And everyone knows quitting is crucial. You even know what to do. Thing is, it's hard. Really hard. And it's all too easy to give up. That's why we asked former smokers to share how they quit for good-so you might, too. Good luck!

[⬅ back to top](#)

Heart Healthy FAQs



Test your heart health IQ

The first step to protecting your heart is getting empowered. This quiz will put your knowledge to the test.

Your Heart Health Questions - Answered

By Willow Jarosh, R.D., and Stephanie Clarke, R.D.

Q: I've heard that a low-fat diet can support heart health. Does that mean that I should cut most fat out of my diet?

Do you need to see a cardiologist?

By Denise Maher

Heart disease and stroke are among adults' biggest health risks, yet many aren't able to take full advantage of all the powerful prevention strategies out there.

What's the big deal about salt and your heart?

By Deborah Pike Olsen

You probably worry about how much fat is in your diet, but you might not think twice about salt. Big mistake: Consuming too much salt kills more people than artery-clogging trans fat, says Stephen Havas, M.D., adjunct professor of epidemiology and preventive medicine at the University of Maryland School of Medicine in Baltimore and Northwestern University School of Medicine in Chicago.

Q: Is coffee good or bad for heart health? It seems like I've heard both

By Willow Jarosh, R.D., and Stephanie Clarke, R.D.

A: The phrase "use moderation" may sound common, but that's only because it's so true. And coffee is no exception. The general medical consensus is, for most people, one to two cups a day is just fine.



Is Your Child's Heart at Risk?

Parents around the country were shocked when the Centers for Disease Control and Prevention reported that as many as 20 percent of American teens already have cholesterol problems.

[⬅ back to top](#)

Eat Healthy. Live Healthy.

Trans fat and heart health: What to know

By Willow Jarosh, R.D., and Stephanie Clarke, R.D.

Q: I've heard I should stay away from trans fat because I have high cholesterol. What foods have trans fat? And are they really that bad?

Decoding the Dairy Aisle

Rich in bone-strengthening calcium and containing potassium, dairy helps maintain healthy blood pressure levels already within normal limits.

10 Superfoods for Heart Health

While many factors affect heart disease, the FDA recommends eating foods that are high in fiber and low in fat, sodium and cholesterol to reduce the risk of this disease. Make these 10 foods a regular part of your diet to keep your ticker happily ticking.

Fishing for a Healthy Heart

By Beth Sumrell Ehrensberger, R.D.

You know by now that omega-3 fats, like those found in fish are important to eat. But what makes them great? Marine sources of omega-3s can help support heart health and mental and visual function.

B Vitamins and your heart

By Beth Sumrell Ehrensberger, R.D.

It turns out that Popeye was right all along...it can really pay to load up on B vitamin- rich spinach. New and emerging research based on a recent Japanese study published in *Stroke: Journal of the American Heart Association* found that Japanese women who ate the most dietary folate and B6 were less likely to die from stroke, heart disease or heart failure.



Hold the hot dogs?

By Beth Sumrell Ehrensberger, R.D.

New and emerging research from the Harvard School of Public Health found that the daily consumption of less than two ounces of processed meat (prepared by smoking, curing, salting or adding other chemical preservatives) can significantly increase heart disease risk.

A sneaky heart health threat

By Beth Ehrensberger

White bread. Jelly beans. Doughnuts. They're hardly health food, everyone knows that, but who knew they could pose a danger for your ticker?

A diet to shape up your heart

By Beth Sumrell Ehrensberger, R.D.

If you think genetics have your heart health doomed, there's hope.



Healthy Eating Around the Clock

Go ahead and have a slice of (turkey) bacon with your eggs at breakfast in exchange for higher-fat items later in the day. This simple switch, as part of a diet that is low in saturated fat and cholesterol, may actually help support heart health.

[← back to top](#)



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



Why We're Different

Good health is your greatest asset, and eating well can help you protect it. Aside from great taste, our products have absolutely no hydrogenated or partially hydrogenated oils and are naturally 0g trans fat, so you can enjoy the delicious flavors you love while helping to reduce your intake of damaging, man-made trans fat. Our buttery spreads contain our unique natural blend of polyunsaturated, monounsaturated and saturated fats designed to help improve the ratio of good HDL cholesterol to bad LDL cholesterol.* Plus, you'll get extra nutritional support from the **Omega 3s**, vitamins, calcium, protein and **plant sterols** that we add to many of our products. Of course, all this goodness means nothing without good taste. We make sure that every Smart Balance[®] product delivers delicious flavors and textures so you'll want to make them part of your diet. Please see the nutrition information of each product for fat and saturated fat content.

*When at least 2/3 of fat intake comes from our buttery spreads or our food plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

[Why We're Different](#) | [Supporting Healthy Cholesterol](#) | [0g Trans Fat Naturally](#) | [FAQs](#)





SLOW
COOKER
CLASSICS



Slow Cooker
Turkey Chili



Slow Cooker
Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU

Food Plan
Home

[Our Recipe for
Delicious Taste](#)

[Take Heart
from Science](#)

[14-Day
Menu Plan](#)

[Food Plan
Recipes](#)

[Nutritional
Criteria](#)

THE SMART BALANCE™ FOOD PLAN

Eat Better,
Live Better.

[GET STARTED NOW](#)



[» View More](#)





You try to be good to your heart. But sometimes it's hard to know where to start.

It means taking that extra flight of stairs. It means cutting down on stress. And it means taking time to think about what you eat.

That's why the folks at Smart Balance are here to help. Our Food Plan is designed for everyone who wants a nutritious, great-tasting diet.



Packed with tasty and healthful recipes, you'll enjoy how easy our plan is to follow.

With dozens of meals and snacks to choose from, it offers daily variety and flavors you'll love. And, most important, it provides a diet of balanced fats that help support healthy cholesterol levels.

Use the Smart Balance™ Food Plan as part of your heart-healthier lifestyle.



[Nutritional Criteria](#)

[Our Recipe for Delicious Taste](#)



14 DAYS OF DELICIOUS HEART-HEALTHY MEALS

PRINT THE FOOD PLAN NOW

Published September 2013. Nutritional information for products and recipes may change as they are updated from time to time. See product packaging for most current nutritional.



AT THE HEART OF EVERY GREAT MEAL

Contact Us | Product Locator | Privacy Policy | Terms | Investor Center | Press Room
Healthcare Professionals | Site Map — © 2014 GFA Brands, Inc. — Follow Us





-Any-



MENU

[Food Plan Home](#)

[Our Recipe for Delicious Taste](#)

[Take Heart from Science](#)

[14-Day Menu Plan](#)

[Food Plan Recipes](#)

[Nutritional Criteria](#)

THE SMART BALANCE™ FOOD PLAN

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

» View More

og Trans Fat

Non-GMO

Totally delicious

LEARN MORE

Featured Recipe

Quick Skillet Pasta

SMART BALANCE

PICK

VIEW OUR PICKS

Our Recipe for Delicious Taste



Keeping it simple, making it downloadable

1. Every one of our Food Plan meals is easy to prepare and fits into a busy lifestyle. Recipes for all of the meals shown in the 14-day menu plan can be found at www.SmartBalance.com/foodplan/14daymenu. With just a few clicks you can download all of the recipes in the Food Plan, or browse our recipe database for additional heart-healthier, balanced fat menu ideas.



Full
of



flavor

2. Our mouthwatering recipes include our [Oregano-Balsamic Grilled Pork](#), a [Peppery Garden Frittata](#) and [Peanut Butter-Chocolate Buttons](#). We use simple sauces, spices and Smart Balance® products to add rich-tasting flavors that will delight your taste buds.

Expand your choices

3. In addition to the Food Plan menu, SmartBalance.com has hundreds of other tasty recipes to help you enjoy healthier eating. If a website recipe meets our Food Plan Guidelines, we make sure to clearly label it as a “Food Plan Substitute” – along with the specific meal or snack it can replace. Visit SmartBalance.com to learn more.



The power of portions

4. Enjoying the delicious menu items on our Food Plan will put you on track for a heart healthier diet. But managing portion sizes is an important part of the plan as well. To get the full benefit of this Food Plan, be mindful of your portions, making sure your serving sizes match the recommendations outlined in the 14-day menu plan.

Stay hydrated

5. No Food Plan would be complete without a reminder to stay hydrated. Drink lots of water, aim for eight 8-oz. glasses a day, and consume other beverages in moderation. Choose beverages like Smart Balance® enhanced milks, which provide protein, calcium and other nutrients, with some varieties also providing essential EPA/DHA Omega-3s as opposed to soft drinks full of empty calories.



[Food Plan Home](#)

[Take Heart from Science](#)



14 DAYS OF DELICIOUS HEART-HEALTHY MEALS

[PRINT THE FOOD PLAN NOW](#)

Published September 2013. Nutritional information for products and recipes may change as they are updated from time to time. See product packaging for most current nutritional.



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU

[Food Plan Home](#)

[Our Recipe for Delicious Taste](#)

[Take Heart from Science](#)

[14-Day Menu Plan](#)

[Food Plan Recipes](#)

[Nutritional Criteria](#)

THE SMART BALANCE™ FOOD PLAN

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

» View More

og Trans Fat

Non-GMO

Totally delicious

LEARN MORE

Featured Recipe

Quick Skillet Pasta

SMART BALANCE

PICK

VIEW OUR PICKS

Take Heart from Science



Smart Balance is committed to providing superior-tasting, heart- healthier products. We do this by reducing or eliminating “bad stuff” from the foods you love—and by adding more “good stuff.”

Our products have 0g trans fat naturally, never use hydrogenated or partially hydrogenated oils, and are generally lower in cholesterol and saturated fat than the everyday staples that our products are designed to replace. Plus, we’ve added beneficial ingredients like Omega-3s and vitamins, and for selected products we’ve added a naturally sourced ingredient that helps block cholesterol.



Support healthy cholesterol

Researchers at Brandeis
University have discovered that

the right blend of fats can help support healthy cholesterol levels by improving the ratio of “good” HDL cholesterol to “bad” LDL cholesterol when you follow our balanced fat Food Plan. Limit total fat to about 30% of calories (65g per day); saturated fat to 10% of calories (20g per day); and dietary cholesterol to average 300mg or less per day. Avoid trans fat. Regular exercise is essential. Our signature Smart Balance® Buttery Spreads use a patented blend of oils to deliver balanced fats and our other Smart



Balance® products are designed to fit within our Food Plan to help support healthy cholesterol levels.

Omega-3s

Most Smart Balance® products are an excellent source of Omega-3s. Our Food Plan delivers all three essential Omega-3s, including ALA and the all important EPA/ DHA, which provide the greatest health benefits as part of a heart-healthy diet.



Block cholesterol

Select products, including Smart Balance® Butter & Canola Oil Blend and Smart Balance® Blended Butter Sticks, contain a naturally sourced ingredient, plant sterols, that actually helps block the absorption of the cholesterol in the butter when consumed as part of a diet low in saturated fat and cholesterol.

Visit SmartBalance.com to learn more about our full line of heart-healthier products.



[Our Recipe for Delicious Taste](#)

[14-Day Menu Plan](#)



14 DAYS OF DELICIOUS HEART-HEALTHY MEALS

[PRINT THE FOOD PLAN NOW](#)

Published September 2013. Nutritional information for products and recipes may change as they are updated from time to time. See product packaging for most current nutritional.



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU

Food Plan
Home

Our Recipe for
Delicious Taste

Take Heart
from Science

14-Day
Menu Plan

Food Plan
Recipes

Nutritional
Criteria

THE SMART BALANCE™ FOOD PLAN

14 DAYS OF DELICIOUS HEART-HEALTHY MEALS

For a better user experience, please view this page in a higher screen resolution.



Take Heart from Science

Food Plan Recipes



14 DAYS OF DELICIOUS HEART-HEALTHY MEALS

PRINT THE FOOD PLAN NOW

Published September 2013. Nutritional information for products and recipes may change as they are updated from time to time. See product packaging for most current nutritional.



AT THE HEART OF EVERY GREAT MEAL

Contact Us | Product Locator | Privacy Policy | Terms | Investor Center | Press Room
Healthcare Professionals | Site Map — © 2014 GFA Brands, Inc. — Follow Us





-Any-



MENU



IF YOU HAVE A HALF HOUR, we've got some delicious recipes for you! Just in time for fall, Smart Balance is serving up healthier dishes that will have your friends & family at the table in under 30 minutes.

VIEW OUR RECIPES

Latest Recipes

> [View More](#)



Chicken & Garlic
White Pizza



Chipotle Barbecue
Chicken



Grilled Skillet
Strawberry Pie



Shrimp Salad

Our Picks

> [View More](#)



Sweet Baked
Raspberry Custard



Creamy Pasta Salad
with Shrimp and
Tomatoes



Barley and Sausage
Stuffing with Celery
and Mushrooms



Healthier Mint
Chocolate Stars

Appetizers

> [View More](#)



Warm Asparagus Dip



Smart Balance White Bean Dip



Lobster Roll Cups



Heart Healthier Turkey Noodle Soup

MAIN INGREDIENT

Meat

Seafood

Poultry

Pasta

Fruit

Vegetable

Other

MEAL

Breakfast

Brunch

Lunch

Dinner

Appetizer

Snack

Dessert

SEASONAL COLLECTIONS

Smarter Party Platters

Chocolate Meets Peanut Butter

Winter Comfort Foods

Recipes from the Heart

[Holiday Cookies with Heart](#)

[Better Holiday Treats](#)

[Thanksgiving Recipe Showcase](#)

[Slow Cooker Classics](#)

[Fall Favorites in 30 Min. or Less](#)

[Summer Grillers & Thrillers](#)

[Healthier Summer Recipes](#)

[Spring for Flavor](#)



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU

Coupon Download Instructions

YOU'LL NEED (Basically):



JAVA

You may be prompted to download a small, free JAVA application in order to print your coupons. Don't know if you have JAVA enabled? Click here to see for sure: <http://java.com>.

PRINTER

You must have a printer in order to access these coupons. Make sure your printer is on, connected with your computer, and loaded with paper.

*** CLICK HERE TO DOWNLOAD COUPONS ***

DON'T SEE ANY COUPONS?

There are a few reasons you may not see any coupons available to you.

- If you have already downloaded your allotment of coupons for the month, you will not see any coupons available - even if you have received an email announcing new coupons. We appreciate you checking back - you just beat us to the punch!
- We try our best to make sure there are plenty, but there are a limited number of coupons available for everyone to download. Once they have all been downloaded, the site may not show that any coupons are available - even if you haven't downloaded any.
We generally try to add more coupons when this happens, so you may wish to check back after a few days. However, we

cannot guarantee that, and sincerely apologize for any inconvenience this causes.

- The third-party coupon vendor displays coupon offers by zip code. If you have no zip code entered into the “Enter ZIP code for more offers” box on the next page, you may not see any coupons.

OTHER PROBLEMS?

Can't print what you see? Coupon Printer won't install? Don't know how to enable JAVA?

We've partnered with SmartSource to bring you these great coupons. We make the products you love; *they* are fully in control of the coupon technology. Click here to read their [Frequently Asked Questions](#).

GET COUPONS BY MAIL

You can also get a coupon by mail. [Click here](#).

MORE ABOUT SMARTSOURCE

The SmartSource Coupon Printer is a small Java application that enables you to print our coupons directly to your printer.

The Coupon Printer allows for high-quality coupons that will scan at the retail store register.

Installing the Coupon Printer will not expose your computer to any virus, spyware, adware, or computer conflict. You can rest assured knowing that the SmartSource Coupon Printer is issued by News America Marketing, a News Corporation Company. Protection software leaders, like Symantec, McAfee, and Trend Micro, all recognize our product as safe and secure.

For tech support inquiries, please [visit this site](#).

OPERATING SYSTEM REQUIREMENTS:

- Windows XP, Vista, 7 and 8
- OSX 10.6 (Tiger) through 10.9 (Mavericks)

WE SUPPORT THESE BROWSERS:

- Internet Explorer 6.0 through Internet Explorer 11
- Firefox 19 through Firefox 26
- Chrome 23 through Chrome 32
- Safari 4 through Safari 6

SUPPORTED JAVA VERSIONS:

- Java 6 through Java 7.51*
- - MAC OSX blocks all versions of Java except the most current version.
- - Firefox also blocks all versions of Java except the most current version.

* BLOCKED JAVA VERSIONS:

- Java 7.10

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

Contact Us | Product Locator | Privacy Policy | Terms | Investor Center | Press Room
Healthcare Professionals | Site Map — © 2014 GFA Brands, Inc. — Follow Us





Home
Products
Health Tips
About Us
Food Plan
Recipes
NON-GMO

Coupon Download

How it works: Enter in your zip code below to see our great offers.

Milk coupons are not permitted in CO, ME, MO and ND. Select the coupons you want, click "Print Now" when you're done!(Your [Coupon Printer](#) must be activated.)

Enter ZIP code for more offers Category Brand

You saved at least:	Offer(s) Selected:0	Savings: \$0
<p>Sorry, there are no offers available at this time. Please check back periodically for new offers.</p>		

Note: You must have a printer in order to access the coupons. You may be prompted to download a small, free software application in order to print your coupons. Make sure your printer is on, connected with your computer, and loaded with paper.

[SmartSource Privacy Policy](#) | [Terms of Use](#) | [Get Help](#)

All materials, coupons, and offers are intended for the U.S. market only and each coupon/offer has its c restriction.

© 2014 News America Marketing Interactive, Inc. and SmartSource Interactive Group. All Rights Reser

NEWS AMERICA MARKETING. | *News Corp*



Before Printing Be Sure to Select Each Coupon Box and Then Hit the Red "Print Now" Button On the Right Hand Side



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)







MENU 



SEARCH RECIPES

TOP RECIPE SEARCHES
Salmon, Bbq Sauce, Baked Salmon


Chocolate Peanut Butter Bars





Submitted by:
Smart Balance


How many flavors can you pack into your snack? Tart cranberries, crunchy oats and rich, creamy chocolate peanut butter make these better bars a taste sensation.


This recipe is part of our [Chocolate Meets Peanut Butter](#) recipe collection.


Like


Pin it

Print











Smart Balance® Natural Dark Chocolate Creamy Peanut Butter Spread

Recipe Ingredients

- 1/2 cup chocolate protein powder
- 1/3 cup Smart Balance® Natural Dark Chocolate Creamy Peanut Butter Spread
- 2/3 cup unsweetened vanilla soy milk
- 3 cups quick oats
- 1 cup dried cranberries

Recipe Steps

Add all ingredients to a bowl and mix well.

Line a 9" x 9" pan with parchment paper and top with mixture. Spread evenly and press into corners.

Place in refrigerator and let set overnight. Remove and cut into 8 bars.

Keep refrigerated until ready to grab and go.

Nutrition Facts

Makes 8 servings. 1 bar per serving.

Nutrition Per Serving:

- Calories 262 cal
- Fat 7 g
- Saturated Fat 2 g
- Trans Fatty Acid 0 g
- Poly Fat 1 g
- Mono Fat 4 g
- Cholesterol 3 mg
- Sodium 42 mg
- Carbohydrates 37 g
- Dietary Fiber 4 g
- Total Sugars 13 g
- Protein 13 g

MAIN INGREDIENT

Meat

Seafood

Poultry

Pasta

Fruit

Vegetable

Other

MEAL

Breakfast

Brunch

Lunch

Dinner

Appetizer

Snack

Dessert

SEASONAL COLLECTIONS

Smarter Party Platters

Chocolate Meets Peanut Butter

Winter Comfort Foods

Recipes from the Heart

Holiday Cookies with Heart

Better Holiday Treats

Thanksgiving Recipe Showcase

Slow Cooker Classics

Fall Favorites in 30 Min. or Less

Summer Grillers & Thrillers

Healthier Summer Recipes

Spring for Flavor

INTRODUCING

NEW SMART BALANCE®

Natural Dark Chocolate

PEANUT BUTTER SPREADS

0g Trans Fat

Non-GMO

Totally delicious

LEARN MORE

SLOW COOKER CLASSICS

Slow Cooker Turkey Chili

Slow Cooker Apple Nut Crisp

VIEW RECIPES



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)





-Any-



MENU 



SEARCH RECIPES


TOP RECIPE SEARCHES
Salmon, Bbq Sauce, Baked Salmon


Easy Energy Bars




Submitted by:
Smart Balance

Easy Energy Bars for on-the-go nutrition the whole family will love.


 Like


 25

 Pin it

 Print

 Email

 Tweet

 +1

Smart Balance® Rich Roast Chunky Peanut Butter, Smart Balance® Rich Roast Creamy Peanut Butter, Smart Balance®

Original Buttery Spread

Recipe Ingredients

- 1/3 cup nonfat dry milk powder
- 1 tablespoon Smart Balance® Milk
- 1/3 cup Smart Balance® Rich Roast Peanut Butter (creamy or chunky)
- 1 ½ cups mini marshmallows
- 1 tablespoon Smart Balance® Buttery Spread Original
- 2 cups high protein, multigrain cluster cereal, crushed
- ¼ cup dried blueberries
- ¼ cup dark chocolate chips, melted (optional)

Recipe Steps

Line the bottom of an 8-inch square pan with wax paper.

In a small bowl, mix dry milk powder with milk to moisten.

Place the Smart Balance peanut butter, marshmallows and Smart Balance buttery spread in a medium to large microwave-safe bowl. Heat in microwave for 30-second intervals, stirring between intervals, until mixture is melted and smooth.

Stir in milk mixture. Add crushed cereal and blueberries to peanut butter mixture and stir until evenly mixed.

Transfer mixture to prepared pan.

Use a flat-bottom container or a glass to firmly and evenly press mixture into pan. Cool completely.

When completely cooled, invert pan onto a cutting board, allowing pressed mixture to fall onto board. Discard wax paper.

Cut square pressed mixture in half, then cut each half into six (4-inch) bars. If desired, drizzle melted chocolate over bars and cool completely. Store in an airtight container.

Nutrition Facts

Makes six 4-inch bars.

Nutrition Per Serving:

Per 1-bar serving:

- 122 calories
- 5g fat
- 0.9g saturated fat
- 0g trans fat
- 0.8g polyunsaturated fat
- 3.2g monounsaturated fat
- 139mg Omega-3 fatty acids
- 646mg Omega-6 fatty acids

0mg cholesterol
74mg sodium
17g carbohydrate
2g fiber
4g protein

With Chocolate - Per 1-bar serving:

146 calories
6g fat
1.8g saturated fat
0g trans fat
0.8g polyunsaturated fat
3.3g monounsaturated fat
139mg Omega-3 fatty acids
646 mg Omega-6 fatty acids
0 mg cholesterol
74mg sodium
20g carbohydrate
2g fiber
4g protein

MAIN INGREDIENT

- Meat
- Seafood
- Poultry
- Pasta
- Fruit
- Vegetable
- Other

MEAL

- Breakfast
- Brunch
- Lunch
- Dinner

[Appetizer](#)

[Snack](#)

[Dessert](#)

SEASONAL COLLECTIONS

[Smarter Party Platters](#)

[Chocolate Meets Peanut Butter](#)

[Winter Comfort Foods](#)

[Recipes from the Heart](#)

[Holiday Cookies with Heart](#)

[Better Holiday Treats](#)

[Thanksgiving Recipe Showcase](#)

[Slow Cooker Classics](#)

[Fall Favorites in 30 Min. or Less](#)

[Summer Grillers & Thrillers](#)

[Healthier Summer Recipes](#)

[Spring for Flavor](#)





SLOW COOKER CLASSICS



Slow Cooker Turkey Chili



Slow Cooker Apple Nut Crisp

[VIEW RECIPES](#)



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)
[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)



-Any-



SEARCH

dropdown



[Home](#)

[Products](#)

[Health Tips](#)

[About Us](#)

[Food Plan](#)

[Recipes](#)

[NON-GMO](#)

SEARCH RECIPES

TOP RECIPE SEARCHES

[Salmon](#), [Bbq Sauce](#), [Baked Salmon](#)

S'mores Bars



Submitted by:

[gscaccio](#)

This will take you right outside by the campfire...



Smart Balance® Blended Butter Sticks

Recipe Ingredients

1 stick Smart Balance® Blended Butter Sticks
3 cups graham cracker crumbs
14 oz sweetened condensed milk
1 cup semisweet chocolate chips
1 1/2 cups mini marshmallows

Recipe Steps

Preheat the oven to 350 degrees.

Melt the butter and add to the graham cracker crumbs. Press evenly into a 13x9 baking dish.

Pour the condensed milk evenly over the graham cracker crumbs.

Top with the chocolate chips and bake for 20 minutes.

Remove from the oven and top with the marshmallows. Bake for an additional 5 minutes.

Let cool completely and then refrigerate for 2 hours. Cut into squares.

Nutrition Facts

Serves 30

[Smart Balance addition] – Smart Balance estimates the following nutritional content for this user-created recipe:

Nutrients per serving

Calories 150

Fat 7g

Saturated Fat 3g

Trans Fatty Acid 0g

Poly Fat 1g

Mono Fat 1g

Cholesterol 7mg

Sodium 84mg

Carbohydrates 21g

Dietary Fiber 1g

Total Sugars 16g

Protein 2g

MAIN INGREDIENT

Meat

Seafood

Poultry

Pasta

Fruit

Vegetable

Other

MEAL

Breakfast

Brunch

Lunch

Dinner

Appetizer

Snack

Dessert

SEASONAL COLLECTIONS

Smarter Party Platters

Chocolate Meets Peanut Butter

Winter Comfort Foods

Recipes from the Heart

Holiday Cookies with Heart

Better Holiday Treats

Thanksgiving Recipe Showcase

Slow Cooker Classics

Fall Favorites in 30 Min. or Less

Summer Grillers & Thrillers

Healthier Summer Recipes

Spring for Flavor



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)



-Any-



SEARCH

dropdown

[Home](#)[Products](#)[Health Tips](#)[About Us](#)[Food Plan](#)**[Recipes](#)**[NON-GMO](#)

SEARCH RECIPES

TOP RECIPE SEARCHES

[Salmon](#), [Bbq Sauce](#), [Baked Salmon](#)

Chocolate Peanut Butter Bars



Submitted by:

Smart Balance

How many flavors can you pack into your snack? Tart cranberries, crunchy oats and rich, creamy chocolate peanut butter make these better bars a taste sensation.

This recipe is part of our [Chocolate Meets Peanut Butter](#) recipe collection.



Smart Balance® Natural Dark Chocolate Creamy Peanut Butter Spread

Recipe Ingredients

1/2 cup chocolate protein powder

1/3 cup Smart Balance® Natural Dark Chocolate Creamy Peanut Butter Spread

2/3 cup unsweetened vanilla soy milk

3 cups quick oats

1 cup dried cranberries

Recipe Steps

Add all ingredients to a bowl and mix well.

Line a 9" x 9" pan with parchment paper and top with mixture. Spread evenly and press into corners.

Place in refrigerator and let set overnight. Remove and cut into 8 bars.

Keep refrigerated until ready to grab and go.

Nutrition Facts

Makes 8 servings. 1 bar per serving.

Nutrition Per Serving:

Calories 262 cal

Fat 7 g

Saturated Fat 2 g

Trans Fatty Acid 0 g

Poly Fat 1 g

Mono Fat 4 g

Cholesterol 3 mg

Sodium 42 mg

Carbohydrates 37 g

Dietary Fiber 4 g

Total Sugars 13 g

Protein 13 g

MAIN INGREDIENT

Meat

Seafood

Poultry

Pasta

Fruit

Vegetable

Other

MEAL

Breakfast

Brunch

Lunch

Dinner

Appetizer

Snack

Dessert

SEASONAL COLLECTIONS

Smarter Party Platters

Chocolate Meets Peanut Butter

Winter Comfort Foods

Recipes from the Heart

Holiday Cookies with Heart

Better Holiday Treats

Thanksgiving Recipe Showcase

Slow Cooker Classics

Fall Favorites in 30 Min. or Less

Summer Grillers & Thrillers

Healthier Summer Recipes

Spring for Flavor



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)



-Any-



SEARCH

dropdown

[Home](#)[Products](#)[Health Tips](#)[About Us](#)[Food Plan](#)**[Recipes](#)**[NON-GMO](#)

SEARCH RECIPES

TOP RECIPE SEARCHES

[Salmon](#), [Bbq Sauce](#), [Baked Salmon](#)

Pumpkin Pie Bars



Submitted by:

[Whats Cookin Good Lookin](#)

Aunt Pat's Pumpkin Pie Bar recipe won first place in the Caro, MI Pumpkin Festival! This is a great fall recipe that will become a family tradition. It will warm your kitchen, filling it with the heavenly aroma of pumpkin pie baking! Truly easy to make! An award winning recipe you and your heart will love!



Smart Balance® Cooking Oil

Recipe Ingredients

Pumpkin Pie Bars

4 eggs
1 2/3 Cups sugar
1 Cup SmartBalance Cooking Oil
1 - 16 ounce can (2 Cups) Pumpkin
2 Cups flour
2 tsps. Baking Powder
2 tsps. Cinnamon
1 tsp. Salt
1 tsp. Baking Soda

Frosting (optional, but delicious)

1 - 3ounce package Cream Cheese, softened
1/2 Cup SmartBalance Butter Sticks or Spread, softened
1 tsp. vanilla
2 Cups Powdered Sugar

Recipe Steps

Beat together first 4 ingredients til light and fluffy.

Stir together dry ingredients.

Add dry ingredients to first mixture and mix thoroughly.

Spread batter in ungreased 15 x 10 x 2 pan (cookie sheet with sides)

Bake at 350 degrees for 25-30 minutes.

Spread with frosting.

Frosting (optional, but delicious)

1. Cream together cream cheese and butter, stir in vanilla.
2. Add powdered sugar a little at a time, beating well, til mixture is smooth.
3. Spread over bars when they are warm, not hot.
4. Cut and serve. Store in air tight container in refrigerator for best keeping.

MAIN INGREDIENT

Meat

Seafood

Poultry

Pasta

Fruit

Vegetable

Other

MEAL

Breakfast

Brunch

Lunch

Dinner

Appetizer

Snack

Dessert

SEASONAL COLLECTIONS

Smarter Party Platters

Chocolate Meets Peanut Butter

Winter Comfort Foods

Recipes from the Heart

Holiday Cookies with Heart

Better Holiday Treats

Thanksgiving Recipe Showcase

Slow Cooker Classics

Fall Favorites in 30 Min. or Less

Summer Grillers & Thrillers

Healthier Summer Recipes

Spring for Flavor



AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)



-Any-



SEARCH

dropdown



[Home](#)

[Products](#)

[Health Tips](#)

[About Us](#)

[Food Plan](#)

[Recipes](#)

[NON-GMO](#)

SEARCH RECIPES

TOP RECIPE SEARCHES

[Salmon](#), [Bbq Sauce](#), [Baked Salmon](#)

Easy Energy Bars



Submitted by:

Smart Balance

Easy Energy Bars for on-the-go nutrition the whole family will love.



25





Smart Balance® Rich Roast Chunky Peanut Butter, Smart Balance® Rich Roast Creamy Peanut Butter, Smart Balance® Original Buttery Spread

Recipe Ingredients

1/3 cup nonfat dry milk powder
1 tablespoon Smart Balance® Milk
1/3 cup Smart Balance® Rich Roast Peanut Butter (creamy or chunky)
1 1/2 cups mini marshmallows
1 tablespoon Smart Balance® Buttery Spread Original
2 cups high protein, multigrain cluster cereal, crushed
1/4 cup dried blueberries
1/4 cup dark chocolate chips, melted (optional)

Recipe Steps

Line the bottom of an 8-inch square pan with wax paper.

In a small bowl, mix dry milk powder with milk to moisten.

Place the Smart Balance peanut butter, marshmallows and Smart Balance buttery spread in a medium to large microwave-safe bowl. Heat in microwave for 30-second intervals, stirring between intervals, until mixture is melted and smooth.

Stir in milk mixture. Add crushed cereal and blueberries to peanut butter mixture and stir until evenly mixed.

Transfer mixture to prepared pan.

Use a flat-bottom container or a glass to firmly and evenly press mixture into pan. Cool completely.

When completely cooled, invert pan onto a cutting board, allowing pressed mixture to fall onto board. Discard wax paper.

Cut square pressed mixture in half, then cut each half into six (4-inch) bars. If desired, drizzle melted chocolate over bars and cool completely. Store in an airtight container.

Nutrition Facts

Makes six 4-inch bars.

Nutrition Per Serving:

Per 1-bar serving:

122 calories

5g fat

0.9g saturated fat

0g trans fat

0.8g polyunsaturated fat
3.2g monounsaturated fat
139mg Omega-3 fatty acids
646mg Omega-6 fatty acids
0mg cholesterol
74mg sodium
17g carbohydrate
2g fiber
4g protein

With Chocolate - Per 1-bar serving:

146 calories
6g fat
1.8g saturated fat
0g trans fat
0.8g polyunsaturated fat
3.3g monounsaturated fat
139mg Omega-3 fatty acids
646 mg Omega-6 fatty acids
0 mg cholesterol
74mg sodium
20g carbohydrate
2g fiber
4g protein

MAIN INGREDIENT

Meat

Seafood

Poultry

Pasta

Fruit

Vegetable

Other

MEAL

Breakfast

Brunch

Lunch

[Dinner](#)

[Appetizer](#)

[Snack](#)

[Dessert](#)

SEASONAL COLLECTIONS

[Smarter Party Platters](#)

[Chocolate Meets Peanut Butter](#)

[Winter Comfort Foods](#)

[Recipes from the Heart](#)

[Holiday Cookies with Heart](#)

[Better Holiday Treats](#)

[Thanksgiving Recipe Showcase](#)

[Slow Cooker Classics](#)

[Fall Favorites in 30 Min. or Less](#)

[Summer Grillers & Thrillers](#)

[Healthier Summer Recipes](#)

[Spring for Flavor](#)





AT THE HEART OF EVERY GREAT MEAL

[Contact Us](#) | [Product Locator](#) | [Privacy Policy](#) | [Terms](#) | [Investor Center](#) | [Press Room](#)

[Healthcare Professionals](#) | [Site Map](#) — © 2014 GFA Brands, Inc. — [Follow Us](#)



EXHIBIT G-2

earth balance

TREAT YOURSELF.

All of our products support a delicious plant-based diet.

LEARN MORE

NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Search

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

Newsletter Sign-up

Subscribe to the latest plant-based diet news & lifestyle tips.

SIGN-UP NOW

New From Earth Balance

LEARN MORE

Recipes

Classic Coconut

MORE RECIPES

Find and share tasty recipes, cooking ideas, helpful tips and much more.

EXPLORE NOW

Store Finder

Enter Zip Code

earth
balance

Goodness Comes From Within.

All of our products are plant-based, vegan, made without artificial ingredients or hydrogenated oils, and are free of lactose and eggs.



Spreads



Soymilk



Dressings



Baking
Sticks



Nut Butters



Culinary
Spreads



Crackers



Snacks



Meals



Food
Service

Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code

Find Us





BUTTERY SPREADS

Original

It's the tub that started it all. Our Original Buttery Spread has made its name as the ultimate toast topper and a crucial part of your dairy-free baking arsenal. Its creamy, spreadable texture and rich, buttery taste come complete with our proprietary blend of natural oils.

- ~ Vegan
 - ~ Lactose-Free
 - ~ Gluten-Free
 - ~ Expeller-Pressed Oils
 - ~ 0g Trans Fat *
- ~ Casein-Free
 - ~ Non-GMO
 - ~ Available in 15oz and 45oz tubs
 - ~ * See nutrition information for fat and saturated fat content.

NUTRITION FACTS

SHARE



Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads

<



Original

Olive Oil

Soy Free

Omega-3

Soy Garden

Organic Whipped

>

Newsletter Sign-up

NEWS

VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.

Butter knife

Store Finder

Enter Zip Code

ZIP CODE



NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

Search

Search





ORGANIC SOYMILK

Original

Fact is, the FDA recognizes that consuming 25g of soy protein daily, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of this cool, creamy soymilk supplies 7g of soy protein. So you pretty much score on all fronts. Great tasting. Great for you. Great all around.

~ Vegan

~ Lactose-free

~ Gluten-free

~ USDA Certified Organic

~ Made with USA-Grown Soybeans

~ Non-GMO Project Verified

~ Casein-Free

NUTRITION FACTS

+

SHARE

+

Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads









Original

Unsweetened

Vanilla

Chocolate

Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code

















Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC

earth balance

NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Search

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community



DRESSINGS

Original

So let us get this straight: You love using mayo on your sandwiches, as a dressing and in a bunch of your favorite recipes, but the stuff mayo's made of doesn't agree with you? Problem solved. Dollop, mix and smear your way to spread-happy euphoria with our light, tangy, 100% plant-based MindfulMayo® Dressing and Sandwich Spread.

~ Vegan

~ Lactose-Free

~ Gluten-Free

~ Egg-Free

~ Casein-Free

~ Soy-Free

~ Non-GMO Project Verified

~ No Preservatives

FEATURED RECIPE

Coconut Samosas with Lemon Curry Mayonnaise



MORE RECIPES »

NUTRITION FACTS +

SHARE +



Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads

<



Original



Organic



Olive Oil

>

Newsletter Sign-up

NEWS

VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code







Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC

earth balance

NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Search

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community



BAKING STICKS

Shortening Sticks

This versatile vegan shortening is ready to be put to work in the world's tastiest foods: yours. This natural, plant-based choice picks up where other shortenings leave off by providing a zero-dairy alternative that never falls short when it comes to serving up great taste.

~ Vegan

~ Lactose-Free

~ Gluten-Free

~ Expeller-Pressed Oils

~ 0g Trans Fat

~ Non-GMO

~ Sold refrigerated for top performance

~ * See nutrition information for fat and saturated fat content.

NUTRITION FACTS

+

SHARE

+

Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads

<







Vegan Buttery Sticks

Soy Free Sticks

Shortening Sticks

>

Newsletter Sign-up

NEWS

VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code





f

t

tv

p

ig

rss

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC



NUT BUTTERS

Creamy Peanut

Whether you're a smooth operator on team creamy, or like to shake things up with a little crunch, you'll love our natural peanut butter. We roast and grind our peanuts to perfection and then add flaxseed for ALA Omega-3s. Next come agave syrup for a kiss of natural sweetness and our own expeller-pressed oils for no-stir results.

- ~ Vegan
- ~ Gluten-Free
- ~ Expeller-Pressed Oils
- ~ Sweetened with Agave
- ~ ALA Omega-3s
- ~ Non-GMO Project Verified
- ~ 100% Natural
- ~ 0g Trans Fat *
- ~ Available in 16oz and 26oz jars
- ~ * See nutrition information for fat and saturated fat content.

FEATURED RECIPE

Twice-Baked Sweet Potatoes with Ginger-Lime Peanut Sauce



[MORE RECIPES »](#)

[NUTRITION FACTS](#) [SHARE](#)

Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads



[Newsletter Sign-up](#)

[VISIT MADE JUST RIGHT](#)
Share Recipes, get tasty ideas, and much more.

[Store Finder](#)





CULINARY SPREADS

Organic Coconut

Adding the natural sweetness and benefits of organic, extra virgin coconut oil into your diet just got a whole lot easier (and tastier). This satisfying, spreadable sensation smoothly goes where no other coconut oil product has gone before—everywhere you traditionally use butter. Cook with it. Bake with it. Just go nuts.

- ~ Vegan
 - ~ Lactose-Free
 - ~ Gluten-Free
 - ~ USDA Certified Organic
- ~ Made with Extra Virgin Coconut Oil
 - ~ Casein-Free
 - ~ Non-GMO Project Verified
 - ~ Soy-Free

FEATURED RECIPE

Vegan Pho with Coconut Ginger Broth and Pan-Seared Tofu



[MORE RECIPES >](#)

[NUTRITION FACTS](#)  [SHARE](#) 

Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads



Organic Coconut

Organic Sweet Cinnamon

Organic Garlic & Herbs

Newsletter Sign-up 

VISIT MADE JUST RIGHT
Share Recipes, get tasty ideas, and much more. 

Store Finder 



CRACKERS

Vegan Cheddar Flavor Squares

Remember those cheese crackers you grew up with? Well these aren't them. That's right, these little squares pack a cheesy flavored punch like you wouldn't believe...and we bet you can't stop eating them! Free from dairy, trans fat and GMO's, these plant-based cheddary flavored crackers are made with the finest finger-licking ingredients we could find. Don't believe us? Grab a handful and try for yourself – you won't be sorry

CRAVE THE CRUNCH

- ~ Vegan*
- ~ Lactose-Free*
- ~ Non-GMO*
- ~ Casein-Free*
- ~ Dairy-Free*
- ~ 0 g trans fat*

NUTRITION FACTS + SHARE +



Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code





SNACKS

Vegan Aged White Cheddar Flavor Puffs

First of its kind, this vegan snack puff offers full Aged White Cheddar flavor only using plant-based ingredients. Made with navy beans and non-GMO corn, this mindful munch offers a kick of protein while delivering serious flavor. Totally vegan and naturally gluten-free, these puffs are the snack you've been looking for...we promise!

- ~ Vegan
- ~ Gluten-Free
- ~ Dairy-Free
- ~ Non-GMO
- ~ 100% Natural
- ~ 0g Trans Fat

NUTRITION FACTS + SHARE +

Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads



Vegan Buttery Flavor Popcorn



Vegan Aged White Cheddar Flavor Popcorn



Vegan Aged White Cheddar Flavor Puffs



P.B. Poppo's



Sea Salt Flavor Kettle Chips



Vegan Sour Cream & Onion Kettle Chips



Vegan Cheddar Flavor Kettle Chips

Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder Enter Zip Code

Find Us



Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC

earth balance

NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Search

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community





MEALS

Vegan Cheddar Mac & Cheese

Cheddar just got betta. Real betta. Flavor so good we don't even need dairy. You heard us, there's nothing but plant-based ingredients in this box. Creamy, cheesy flavor paired with perfectly bite-sized pasta delivers delicious tastes in every bite. We could call it comfort-in-a -bowl, but we prefer Vegan Mac & Cheese.

~ Vegan

~ Non-GMO

~ Dairy-Free

~ Lactose-Free

~ Casein-Free

~ 0 g trans fat

NUTRITION FACTS

+

SHARE

+

Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads

<



>

Vegan White Cheddar Mac & Cheese

Vegan Cheddar Mac & Cheese

Newsletter Sign-up

VISIT MADE JUST RIGHT
Share Recipes, get tasty ideas, and much more.

Store Finder Enter Zip Code



f

p

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC

Food Service

Overview | Testimonials | Videos

Earth Balance® sticks aren't just for enjoyment at home. We also provide industrial-sized, 30-pound blocks of our vegan, dairy-free, gluten-free baking sticks and shortening sticks for our friends in the foodservice and hospitality industries.

We believe everyone should have access to wholesome, delicious food, and oftentimes that means food allergy sufferers or those following a plant-based diet don't have the same access to ingredients. With our foodservice products, we are proud to be providing a solution for chefs to include menu items catered to their vegan and food-sensitive customers.

Our 30-pound baking stick and shortening blocks are ideal for bakeries, vegan and vegetarian restaurants or catering businesses, gluten-free product selections and even traditional restaurants that would like to offer substitutions to their signature recipes.

Check out these baking "cheat sheets" for helpful hints for using Earth Balance spread and shortening in industrial baking:

[Commonly Asked Baking Questions](#)

[Baking with Earth Balance® Shortening](#)

[Baking with Earth Balance® Buttery Spread](#)



Spreads | Soymilk | Dressings | Baking Sticks | Nut Butters | Culinary Spreads



30 lb. Buttery Spread and Shortening

Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code

ZIP CODE



[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



earth balance®

NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

KITCHEN TIPS

Cooking Without Compromise.



- Cooking
- Baking
- Pairing/Substitution

We love food, and we love making sure everyone can enjoy it. Because what good is a cupcake if you can't eat it? Are we right? So consider Earth Balance® spreads your green light to go ahead and enjoy food again. It's a melty, buttery popper to toast, waffles, or steamed veggies. A plant-based, allergy-friendly substitute for butter and milk in your mom's famous mac and cheese recipe. Even a sweet way to make baking dairy and gluten-free.

It's easy to see how Earth Balance® product fits in everywhere food does. Plus, with so many irresistible choices—soymilk, spreads, alternative mayos and more—the versatility can't be beat. Earth Balance® products makes what you make better.



Newsletter Sign-up




VISIT MADE JUST RIGHT







Share Recipes, get tasty ideas, and much more.



Store Finder







Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC

http://earthbalancenatural.com/kitchen-tips/[10/10/2014 3:49:08 PM]



Cooking

Baking

Pairing/Substitution



Get Cooking Without Worry

What's for dinner? Or lunch? Or breakfast, brunch or late-night snack? If you're looking for ways to make more of your menus, Earth Balance® can help cook things up right. Our delectable products are vegan and free of lactose, dairy, eggs, GMOs, peanuts (minus the peanut butter) and casein, making them ideal for those with food sensitivities.

So how do I cook with...

Earth Balance® Buttery Spreads and Baking Sticks?

Butter schmutter. It's time to cook dairy- and fancy-free with Earth Balance. Our selection of spreads and sticks have all the great buttery taste you love, but none of the nonsense, such as hydrogenated oil or dairy fat. You can use them wherever traditional butter or margarine is used. That's a whole lot of places if you think about it. On toast or dinner rolls, as the base for a sizzling sauté, or blended into decadent sauces and sides.

Check out these tips from food expert Jules Shepard to learn how to fire up your kitchen with Earth Balance® products.

[When To Use What](#)

[Switch from Butter](#)

Earth Balance® Organic Coconut Spread?

Mix all the benefits of organic coconut oil into your dishes the same way you would our buttery spreads or baking sticks. Where there could be butter, spread a little coconut love, instead. And unlike conventional coconut oil, this spread is actually, well, spreadable. Even at room temperature. So there's no heating necessary to get things going.

Earth Balance® Nut Butters?

The old staple PB&J has never looked better. Spread our peanut or almond butters on sandwiches and mix them into smoothies for a burst of natural flavor and a nutritious hit of plant-based ALA Omega-3s. Like Thai food? Same here. Sounds like time for a homemade spicy peanut sauce. In fact, you may find yourself inviting our creamy or crunchy nut butters into every section of your recipe box—they get along with pretty much everything.

Earth Balance® Soymilk?

Chug it by the glass (Okay, maybe don't chug it. Enjoy it at a reasonable pace.), or use it as a dairy milk replacement. Our soymilks are a great way to bring the fun and flavor of fresh dairy without the lactose or cholesterol. They're great in smoothies, sauces and recipes galore.

Earth Balance® MindfulMayo™ Dressing and Sandwich Spreads?

If you spread it, they will come. Use our creamy and tangy MindfulMayo™ Dressing and Sandwich Spreads in salad dressings, salads (potato or macaroni salad, anyone?), dips or as a simple sandwich spread. You can even add your own herbs, spices or citrus zest to kick things up a notch.

Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code



[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



Cooking

Baking

Pairing/Substitution

Good Enough to Bake

Just because you follow a plant-based diet or have food allergies doesn't mean you have to fake it to bake it. Earth Balance® products are the real thing, with real flavor included. As long as we're involved, no more cardboard-tasting cakes will be gracing your kitchen counters. And that's a promise.

So how do I bake with...

Earth Balance® Buttery Spreads, Organic Coconut Spread and Baking Sticks?

1 cookie, 2 cookies, 3 cookies, 4. Make tasty cakes, croissants, biscuits and more. Sorry, we just couldn't help ourselves—a rhyme just felt right. But seriously, vegan baking doesn't have to be void of flavor and fun. Our spreads, baking sticks and shortening aren't only tops for taste, they also have all the nutrition benefits of plant-based ingredients.

Check out these tips from food expert Jules Shepard to learn how to become an Earth Balance baking pro.

When To Use What Switch from Butter

Earth Balance® Nut Butters?

Bars, cakes, fudge, cookies and peanut butter cups can all be made the Earth Balance way: With all natural ingredients and plenty of flavor. Our nut butters are made with our own expeller-pressed oils, so trans fats are out, too. Not to mention they also made great additions to crusts, frostings and fillings. You may need to install another oven...

Earth Balance® Soymilk?

Instead of dairy milk, which many have to avoid due to the lactose, our soymilks are wonderful dairy-free ways to make your baking its best. And with our vanilla and chocolate varieties, there's no telling what infinite sweet inspirations you can create. Just replace milk or cream with any of our soymilks to add the moisture you need for successful baking and the flavor you want for the whole family.

Earth Balance® MindfulMayo™ Dressing and Sandwich Spread?

Sure, mayo isn't always the first ingredient you think of when it comes to baking. But did you know ingredients like mayonnaise and sour cream are often used in sweet treats for added moisture? It's true (and it's delicious). The sweeter ingredients overpower the flavor of the creams, so it's not like your cake ends up tasting like a sandwich. And baking doesn't always mean sweet either. A creamy, bubbly casserole made with our MindfulMayo™ Dressing and Sandwich Spreads are a surefire way to make any dinnertime shine.

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code



[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



Cooking

Baking

Pairing/Substitution

Good Enough to Bake

Just because you follow a plant-based diet or have food allergies doesn't mean you have to fake it to bake it. Earth Balance® products are the real thing, with real flavor included. As long as we're involved, no more cardboard-tasting cakes will be gracing your kitchen counters. And that's a promise.

So how do I bake with...

Earth Balance® Buttery Spreads, Organic Coconut Spread and Baking Sticks?

1 cookie, 2 cookies, 3 cookies, 4. Make tasty cakes, croissants, biscuits and more. Sorry, we just couldn't help ourselves—a rhyme just felt right. But seriously, vegan baking doesn't have to be void of flavor and fun. Our spreads, baking sticks and shortening aren't only tops for taste, they also have all the nutrition benefits of plant-based ingredients.

Check out these tips from food expert Jules Shepard to learn how to become an Earth Balance baking pro.

When To Use What Switch from Butter

Earth Balance® Nut Butters?

Bars, cakes, fudge, cookies and peanut butter cups can all be made the Earth Balance way: With all natural ingredients and plenty of flavor. Our nut butters are made with our own expeller-pressed oils, so trans fats are out, too. Not to mention they also made great additions to crusts, frostings and fillings. You may need to install another oven...

Earth Balance® Soymilk?

Instead of dairy milk, which many have to avoid due to the lactose, our soymilks are wonderful dairy-free ways to make your baking its best. And with our vanilla and chocolate varieties, there's no telling what infinite sweet inspirations you can create. Just replace milk or cream with any of our soymilks to add the moisture you need for successful baking and the flavor you want for the whole family.

Earth Balance® MindfulMayo™ Dressing and Sandwich Spread?

Sure, mayo isn't always the first ingredient you think of when it comes to baking. But did you know ingredients like mayonnaise and sour cream are often used in sweet treats for added moisture? It's true (and it's delicious). The sweeter ingredients overpower the flavor of the creams, so it's not like your cake ends up tasting like a sandwich. And baking doesn't always mean sweet either. A creamy, bubbly casserole made with our MindfulMayo™ Dressing and Sandwich Spreads are a surefire way to make any dinnertime shine.

Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code



[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



WELLNESS Bring Your Diet Into

Plant-Based Diet

Ingredients &
Nutrition
Information

Allergies

At Earth Balance®, we're serious about making foods that don't just taste great, but also treat you and your body right. All of our products are vegan, made without artificial ingredients or hydrogenated oils, and are free of lactose and eggs. So even those folks with certain food allergies or a strictly plant-based diet can enjoy the rich flavors they've always loved, and maybe even have had to live without.

Additionally, we're dedicated to locking out harmful GMOs and providing food that is safe and wholesome for families like yours to enjoy. That's why we work closely with the Non-GMO Project, a non-profit collaboration of manufacturers, retailers, processors, distributors, farmers, seed companies and consumers whose mission is to educate everyone about the harmful effects of GMOs.



Browse through our Wellness section to discover all the ways Earth Balance can contribute to your natural wellness. Then dig in and enjoy every last bite (or gulp).

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code





Plant-Based Diet

~ RESOURCES

~ FOOD HEROES

Ingredients & Nutrition Information

Allergies

Plant Power

“Vegetarian” and “vegan” are no longer the foreign concepts they once were. With the recent release of *Forks Over Knives*, and several other revealing food industry films, plant-based diets are getting a lot of extra attention for their health, environmental and social benefits.

They’ve been covered by the likes of Oprah, Martha Stewart, Ellen, Dr. Oz and many others. Plus, countless influential activists and authors—including Alicia Silverstone, Kathy Freston and Kris Carr—have shared the perks of a plant-based diet through books, articles, social media, blogs and cookbooks.

To illustrate the strength of this veg-happy lifestyle and growing community, Bon Appétit Management Company recently conducted a survey that showed 13% of college students are vegetarian. In other words, that means if plant-based eating were a major, it would be the most popular at any university in the US. That’s a lot of smart students.

Fast Facts

- ~ Vegetarians generally have lower cholesterol levels and less heart disease than meat eaters.
- ~ Vegetarians generally have lower blood pressure than non-vegetarians.
- ~ A diet based on vegetables, legumes, fruits and whole grains, which is also low in fat and sugar, can help lower blood sugar levels and reduce the need for certain medications.
- ~ Vegetarian death rates from cancer are only about one-half to three-quarters that of the general population.

Source: Physicians Committee for Responsible Medicine’s website (PCRM.org)



“Sometimes the most elegant solution is the most simple. Why plant-based nutrition? Why not? Why develop heart disease? Cancer? Diabetes? The epidemic of chronic, degenerative disease that is sweeping the western world can not only be stopped, it can be reversed.”

– DR. T. COLIN CAMPBELL, PH.D., AUTHOR OF THE BEST-SELLING BOOK THE CHINA STUDY

Newsletter Sign-up



VISIT MADE JUST RIGHT


Share Recipes, get tasty ideas, and much more.









Store Finder Enter Zip Code

ZIP CODE







[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



Plant-Based Diet

Ingredients & Nutrition Information

- ~ OMEGA-3S
- ~ TRANS FATS
- ~ CHOLESTEROL
- ~ SOY PROTEIN

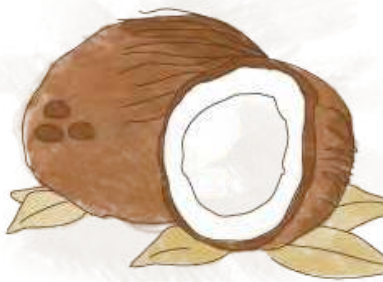
Allergies

When it comes to what we put in our scrumptious spreads, soymilks, mayos and more, only natural and organic ingredients will do. We carefully craft each recipe with only the good stuff so the only thing you have to worry about is enjoying the irresistible flavor.

Essentially Nutritious

But whipping up these 100% plant-based formulas isn't all we care about. We're also dedicated to help you manage your cholesterol without having to give up on great tasting food. Our spreads and baking sticks contain our proprietary blend of expeller-pressed natural oils that's been shown to improve cholesterol ratios.* Plus, many of our products include essential ALA Omega-3s and energy-packed soy protein. Not too shabby.

* When at least 2/3 of fat intake comes from this product or from other products with balanced fats; limit fat to 30% of calories (65g/day) and saturated fats to 10% (20g/day). Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.



It makes me feel good to know that Earth Balance is made with all-natural and organic ingredients.

– MARIEL L.



Newsletter Sign-up 

VISIT MADE JUST RIGHT 
Share Recipes, get tasty ideas, and much more.

Store Finder 





Plant-Based Diet

Ingredients & Nutrition Information

Allergies

It's Okay to be Sensitive.

Food sensitivities and allergies, who the heck do you think you are? Keeping our friends away from their favorite foods and causing all kinds of havoc while you do it. No fair.

But don't worry. Earth Balance is here to bring food back to those who suffer from food sensitivities. Our products are completely, totally, 100% free of dairy (so long, lactose).

There are actually only eight foods that cause 90% of allergic reactions, and we have something for everyone.

- 1. Dairy**
Lactose intolerant? No problem. You can enjoy any of our Earth Balance® products.
- 2. Eggs**
If allergies keep you from cracking open some eggs, we've got the perfect solutions. In fact, no Earth Balance® products contain eggs.
- 3. Peanuts**
Peanuts make you nuts? Most Earth Balance® products are totally free of nuts, except our nut butters of course. If you can't have peanuts, consider our creamy almond butter instead.
- 4. Tree Nuts**
Tree nuts a no-no? Most Earth Balance® products don't contain any traces of nuts, but if you want nut butter, ours can't be beat. If you're sensitive to tree nuts, you still may be able to enjoy our peanut butter. But consult with your doctor before you try it.
- 5. Fish (bass, cod, flounder, etc.)**
Fish allergy sufferers have nothing to fear with Earth Balance® products. All of our products are 100% plant-based, so there's no fish to be found.
- 6. Shellfish (crab, lobster, shrimp, etc.)**
See "Fish" above. You're free and clear of all things fishy when you choose Earth Balance® products.
- 7. Soy**
Just because you can't have soy doesn't mean you can't enjoy a little Earth Balance of your own. Our Soy-Free Buttery Spread, Organic Coconut Spread, Original and Olive Oil MindfulMayo™ Dressing and Sandwich Spreads and nut butters are soy-less and delicious.
- 8. Wheat**
The gluten-sensitive set is growing, and if you're in it, think Earth Balance. Many of our tasty products are gluten-free.



THANK YOU! THANK YOU! For having a spread that I can use.

— ADRIANE R.



Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code





[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



NEWS & EVENTS | [FAQS](#) | [ABOUT US](#) | [CONTACT](#) | [NEWSLETTER SIGN-UP](#)

[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

RECIPES

Flavor First. That's Our Motto.

Earth Balance® spreads are great to slather on toast. But that's just the beginning of the infinite flavor possibilities. Dive in and get inspired by this collection of mouthwatering recipes.

[Vegan Recipes](#) | [Gluten Free Recipes](#)



Breakfast

- Cinnamon Apple Granola
- Coconut, Oat Bran and Raisin Muffins
- Gluten-Free Blueberry Scones

Appetizers

- Three Layer Dip with Cannellini, Roasted Red Peppers and Pesto
- Twice-Baked Sweet Potatoes with Ginger-Lime Peanut Sauce
- Asian-Style Scallion and Coconut Pancakes with Ginger Sesame Greens
- Panfried Coconut Vegetable Dumplings with Dipping Sauce
- Coconut Samosas with Lemon Curry Mayonnaise

Side Dishes

- Herb-n-Garlic Roasted Potatoes
- Asian Slaw with Cilantro Wasabi Mayo
- Lemony Avocado Dressing
- Twice-Baked Sweet Potatoes with Ginger-Lime Peanut Sauce
- Asian-Style Scallion and Coconut Pancakes with Ginger Sesame Greens
- Panfried Coconut Vegetable Dumplings with Dipping Sauce
- Vegan Pho with Coconut Ginger Broth and Pan-Seared Tofu
- Coconut Samosas with Lemon Curry Mayonnaise

Entrees

- Asian Slaw with Cilantro Wasabi Mayo
- Falafel Pita-wiches with Creamy Kalamata Olive Spread
- Twice-Baked Sweet Potatoes with Ginger-Lime Peanut Sauce
- Asian-Style Scallion and Coconut Pancakes with Ginger Sesame Greens
- Panfried Coconut Vegetable Dumplings with Dipping Sauce
- Vegan Pho with Coconut Ginger Broth and Pan-Seared Tofu
- Coconut Samosas with Lemon Curry Mayonnaise

Desserts

- Double Cinnamon Oatmeal Raisin Cookies
- Gluten-Free Peanut Butter Cookies
- Classic Coconut Macaroons

Newsletter Sign-up




VISIT MADE JUST RIGHT







Share Recipes, get tasty ideas, and much more.



Store Finder







News & Events | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC



earth
balance

NEWS & EVENTS | FAQs | ABOUT US | CONTACT | NEWSLETTER SIGN-UP

Search

Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

RESPONSIBILITY Working Towards a Better, Palm Oil

Non-GMO
Commitment

Organic
Initiatives

Healthy Kids

Allergy
Awareness

Environmental
Stewardship

Doing What's Right

We take the health of our planet just as seriously as we take the wellness of our customers, so we put a lot of time and energy into initiatives that support these important issues.

At Earth Balance®, we insist on using only responsible and sustainable sources of palm oil, we just say no to GMOs, and we're dedicated to making a difference in the organic, childhood health, food allergy and environmental worlds.

That's just how we roll at Earth Balance®. So if you want the inside scoop, take a look at everything we're doing to build a happier, healthier world.

Newsletter Sign-up

VISIT MADE JUST RIGHT
Share Recipes, get tasty ideas, and much more.

Store Finder Enter Zip Code



Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC



Palm Oil

Non-GMO Commitment

Organic Initiatives

Healthy Kids

Allergy Awareness

Environmental Stewardship

Taking Steps for Sustainable Palm Oil

There's a lot of press surrounding the current state of palm oil, and Earth Balance® is doing something about it. As palm oil is one of the critical elements to our proprietary blend of oils, we're dedicated to being proactive in growing awareness around the issue.

If you're not familiar with the palm oil issue, it centers around the serious problems palm oil production creates for endangered orangutans in tropical rainforest regions, including Borneo and Sumatra. These problems include deforestation, habitat loss, and the harming of orangutans and other wildlife. Rather than re-using and re-planting previously deforested areas, some palm oil producers are instead choosing to destroy orangutan rainforest habitat to make way for palm oil plantations, leaving orangutans homeless and vulnerable to starvation, disease, poaching, and other conflicts—all problems pushing the orangutan species closer to extinction.

At Earth Balance we care deeply about this ongoing issue. While Earth Balance® is only a small palm oil user (we use less than 0.05% of all palm oil), we're taking a big stand *against* unsustainable palm oil. Here's how...

First, we are firmly committed to sustainable sourcing, and we believe in the power of informed consumers to change the world for the better. We are educating our suppliers about ways to safeguard the rainforest through sustainable palm oil sourcing, and we're educating our customers about how they can have a direct positive impact by exclusively purchasing responsibly sourced palm oil products.

Thirty percent of our palm oil comes from Brazil. Our Brazil-sourced palm oil is 100% organic and is used in all of our organic products (and because orangutans are not native to South America, the Brazilian palm industry does not adversely impact their wellbeing). The remaining 70% of our palm oil comes from responsible sources in peninsular Malaysia (also a non-native orangutan habitat), which are all members of the [Roundtable for Sustainable Palm Oil \(RSPO\)](#), the leading global organization developing and implementing global standards for sustainable palm oil production. We insist on continuing assurances from our suppliers that all palm fruit oil purchased for Earth Balance® complies with the RSPO policies, and we are committed to terminating any suppliers that violate these policies.

Second, we purchase [GreenPalm Certificates](#), which work a lot like carbon credits. The money used to purchase these certificates helps improve the infrastructure and practices behind sustainable palm oil. Moreover, we are supporting the action-oriented, on-the ground conservation work of [Orangutan Foundation International \(OFI\)](#) in Indonesian Borneo. OFI is a non-governmental, non-profit organization, led by world-renown primatologist and conservationist Dr. Biruté Mary Galdikas. OFI is committed to rescuing and rehabilitating orangutans that are adversely affected by the palm oil industry, and has been working for more than 40 years to conserve rainforest habitat and educate people throughout the world about the orangutans' plight. Earth Balance® is especially proud to be a financial supporter of OFI's ongoing initiative to return 330 wild-born, ex-captive rehabilitated orangutans back to the wild, into biologically-rich, protected forest, where they rightfully belong.

To donate to Orangutan Foundation International, [click here](#).



For more resources, see the links below:

- ~ [Earth Balance® White Paper: Addressing the Social & Environmental Challenges with Palm Fruit Oil](#)
- ~ [Earth Balance® Palm Oil FAQs](#)

Newsletter Sign-up



VISIT MADE JUST RIGHT


Share Recipes, get tasty ideas, and much more.









Store Finder

Enter Zip Code







Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC

http://earthbalancenatural.com/responsibility/palm-oil/[10/10/2014 3:55:43 PM]



Palm Oil

Non-GMO Commitment

Organic Initiatives

Healthy Kids

Allergy Awareness

Environmental Stewardship

No, No, GMO.

There are thousands of processed foods stocking store shelves that contain genetically modified organisms, or GMOs. These products don't only harm our environment, but they also have detrimental effects on our own health.

At Earth Balance®, we believe in genetic diversity, predictable consequences, environmental protection and agricultural methods that work in harmony with nature. And it's for all these reasons that we choose to partner with the Non-GMO Project. They're a non-profit collaboration of manufacturers, retailers, processors, distributors, farmers, seed companies and consumers that works to educate consumers and industry professionals about the harmful effects of GMOs.



All Earth Balance® products are non-GMO and most are verified by the Non-GMO Project. We are constantly working toward getting as many products verified as possible and you can rest assured that no GMOs will ever find their way into an Earth Balance package. We pinky swear.

Seriously. Plus, Earth Balance® Soymilk is actually the first refrigerated soymilk ever to be Non-GMO Project Verified, and our peanut and almond butters are verified too—not a common label in the nut butter aisle.

We are also proud to sponsor the Institute for Responsible Technology, a non-profit founded by Jeffery Smith, who is trying to create a tipping point of consumer demand for non-GMO products. That way, if nobody buys foods with GMOs, our food system will be forced to change its course and go back to natural foods. Pretty inspiring stuff.

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code



Palm Oil

Non-GMO
Commitment

Organic
Initiatives

Healthy Kids

Allergy
Awareness

Environmental
Stewardship

Way To Go Organic

Everything we do at Earth Balance® is focused around natural food and healthier living. So it's probably no surprise to learn we devote a lot of energy to supporting organic practices.

We are committed to the highest quality ingredients and function on the mindset that going organic not only supports the wellness of our customers, but also the sustainability of our planet. That's why we work to make our products organic whenever possible and have all of our organic products USDA certified.

Our partnership with [The Organic Center](#) is another way we're reaching out to the organic community. This local, non-profit organization works to further educate people on the positive impacts of organic living and farming on human health and the environment. We're glad to support the work of The Organic Center and look forward to continuing our own mission toward this important effort for many years to come.

Interested in learning more? Also check out [Generations of Organic](#).

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code



Palm Oil

Non-GMO
Commitment

Organic
Initiatives

Healthy Kids

Allergy
Awareness

Environmental
Stewardship

Starting Off on the Right Foot

Good health starts when you're young, and we see this as an outstanding opportunity to participate in the early education of our community's children. Because when it comes to smart eating, we love to sink our teeth into a nice, tasty lesson.

Growing Gardens is one of the organizations we work with to help kids ground their food education deeply in natural and organic options. Growing Gardens is an inspiring series of local Colorado community gardens that teaches the little ones what it means to eat smart and grow food responsibly.

We also work with two programs spearheaded by school food advocate and Director of Nutrition Services for Boulder Valley School District, Chef Ann Cooper. Her motivating and educational School Food Project and Lunchbox™ program have provided the perfect opportunity for us to play our part in healthier school cafeteria menus—because healthier lunches for the kiddos are something we can all agree on.

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code



Palm Oil

Non-GMO
Commitment

Organic
Initiatives

Healthy Kids

Allergy
Awareness

Environmental
Stewardship

All In for Allergy Awareness

Earth Balance® products are not only ideal for those following a plant-based diet, but they're also delicious and versatile options for those who suffer from food allergies or sensitivities.

All of our products are lactose-free, egg-free, and animal-product-free. Plus, for those with peanut allergies, we have a smooth, spreadable almond butter option perfect for breakfast, lunch, dinner or snack time.

We work with a diverse and knowledgeable group of organizations and experts on the allergy awareness front. Here are some details about our trusted partners.

AllergyKids Foundation

Local food hero Robyn O'Brien started this non-profit organization and has since become an increasingly active advocate on the subject. The foundation's goal is to help educate parents about what they are feeding their kids and how this diet contributes to their overall health and allergies.

Jules Shepard

Earth Balance is delighted to work closely with gluten-free chef extraordinaire Jules Shepard. Her website is one of the leading resources for gluten-free cooking and baking, and it provides wonderful options and ideas for those suffering from celiac disease or gluten sensitivity.

Additional Involvement

Check out our [events page](#) to find out if we're sponsoring a gluten-free consumer food show in your neck of the woods. Plus, you'll love [MadeJustRight.com](#), our website devoted to providing ideas, tips and recipes for living a deliciously gluten-free life.

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code





Palm Oil

Non-GMO
Commitment

Organic
Initiatives

Healthy Kids

Allergy
Awareness

Environmental
Stewardship

On the Light Side

From an environmental perspective, we’re happily thinking green. We’ve not only worked to decrease the amount of plastic used in our tubs and bottles, but we also employ the Spot-Pak® packaging system to reduce the cardboard used to pack and ship our products.

The Spot-Pak® system requires less packing material and creates a smaller footprint so more product can fit in a smaller space. That means your favorite Earth Balance® product can make its way to your local store more easily, and with less environmental impact. That’s what we like to hear.

Additionally, when possible our products are made with 100% recycled paperboard and our tubs and cartons are easily recyclable in most national locations. Check with your local recycling system to learn details about how to separate the different materials (plastic vs. paperboard) and if you should remove lids before recycling.

Newsletter Sign-up




VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder





In the News

~ 2011

Press Releases

Events

Media Kit

Look who's talking about Earth Balance®. Here you can explore our most recent appearances in the news, as well as our well-stocked archive of articles, mentions and more.

November 1st, 2011

Better Nutrition

[READ MORE >](#)

October 1st, 2011

Today's Dietitian

[READ MORE >](#)

September 1st, 2011

VegNews

[READ MORE >](#)



Earth Balance makes delicious, plant-based eating possible!

– MATT B.



In the News

Press Releases

~ 2012

~ 2011

Events

Media Kit

September 25th, 2012

Earth Balance Voluntarily Recalls Natural Almond Butter and Flaxseed (16 oz.) Because of Possible Health Risk

DOWNLOAD PDF >

March 5th, 2012

Earth Balance Announces New Management and Debuts Innovative Product at Natural Products Expo West in Anaheim, Calif., Mar. 9-11, 2012, Booth #3462

DOWNLOAD PDF >

June 1st, 2011

Earth Balance® Launches New Plant-Based Products Nationwide at Whole Foods Market®

DOWNLOAD PDF >



You Ask. We Answer.

Who? What? Where? When? Why? How? At Earth Balance, we get a lot of questions. So for your educational enjoyment, here are the answers to some of the most popular ones.

Q: Why isn't Earth Balance® Buttery Spread just called "margarine?"

A: For some really important reasons. Earth Balance® Buttery Spreads don't contain any hydrogenated or interesterified oils, preservatives or emulsifiers found in most margarines and other butter alternatives. Our Buttery Spread is a natural option with 0g of trans fat and award-winning flavor. It's beyond margarine—it's something better.

Q: What is the difference between Earth Balance® and Smart Balance® spreads?

Q: What's the difference between all of your buttery spreads?

Q: Can I cook with all of these spreads, or are some better than others for certain things?

Q: How is the Earth Balance® Organic Coconut Spread different from other Earth Balance® spreads?

Q: If Earth Balance® spreads aren't hydrogenated, how do they stay stable at room temperature?

Q: What's the story behind the proprietary blend of expeller-pressed oils in Earth Balance® spreads?

Q: What are trans fats and why should I avoid them?

Q: What are the advantages of expeller-pressed oils?

Q: I thought palm oil was unhealthy. Why do you use it?

Q: I've heard talk about palm oil and sustainability. Where does Earth Balance source its palm oil?

Q: Is Earth Balance taking any other sustainable palm oil initiatives?


Q: What are Omega-3s and why do I need them?







Q: And why is agave syrup better than sugar?

Q: How is Earth Balance® Soymilk different from other brands?

Q: What is unique about Earth Balance® MindfulMayo™ Dressing & Sandwich Spread?







[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

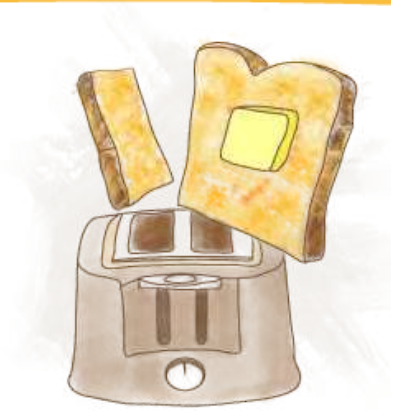
© 2014 GFA BRANDS, INC

- Philosophy
- History
- Responsibility
- FAQs

Just outside Boulder, Colorado is where you'll find a company that's committed to quality on a whole new scale. That's us. We're Earth Balance®, and we can't wait to introduce you to our line of naturally irresistible buttery spreads, shortenings, nut butters, soymilk, coconut spread and MindfulMayo™ Dressing and Sandwich Spreads.

All of our products are 100% plant-based, vegan, non-GMO, lactose-free, egg-free, casein-free, have 0g of trans fat and, oh, did we mention they're absolutely delicious? Because they are. At Earth Balance®, taste is king, and that's a commitment we live by every single day. Everything we make is tasty enough to stand strong on its own, but any of our products can also be the perfect substitute in all your favorite cooking or baking recipes.

To put it simply: We use only natural ingredients. We're organic-minded. And we're whipping up the good stuff to share with everyone who follows a plant-based diet, suffers from food allergies, or just wants to lead a more health-conscious and earth-loving life.



Newsletter Sign-up



VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.



Store Finder

Enter Zip Code





Get in touch. If you have a question, comment or concern about Earth Balance®, we'd love to hear from you. Contact us by phone, or write us an email via the short form below. Talk to you soon...

Earth Balance®
A division of GFA Brands, Inc.
7102 LaVista Place, Suite 200
Niwot, Colorado 80503

phone 201-421-3970

If you would like to request a donation from Earth Balance® for an upcoming event, please use our [Donation Request Form](#)



Personal Information (* required field)

First Name: *	Mailing Address 1: *
<input type="text"/>	<input type="text"/>
Last Name: *	Mailing Address 2:
<input type="text"/>	<input type="text"/>
Email: *	City: *
<input type="text"/>	<input type="text"/>
Phone:	Country: *
<input type="text"/>	<input type="text" value="— Select one —"/>
Reason for contact: *	State:
<input type="text" value="— Select one —"/>	<input type="text" value="— Select one —"/>
	Zip Code: *
	<input type="text"/>

About the product

UPC:

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Best Buy Code (BBC):

Where did you purchase?

Store Name:

Store Intersection/City/State:

Date Purchased:

Your Comments

Comments:

SUBMIT

Newsletter Sign-up

NEWS

VISIT MADE JUST RIGHT

Share Recipes, get tasty ideas, and much more.

Store Finder

Enter Zip Code



[Products](#) | [Kitchen Tips](#) | [Wellness](#) | [Recipes](#) | [Responsibility](#) | [Community](#)

[News & Events](#) | [FAQs](#) | [About Us](#) | [Contact](#) | [Newsletter Sign-up](#) | [Store Finder](#) | [Privacy Policy](#) | [Terms of Use](#)

© 2014 GFA BRANDS, INC

Sign up here to subscribe to our free email newsletter.
Inside each issue, you'll find everything from recent news
and upcoming events to recipes, tips, links and more.

Sign Me Up

* indicates required

Email Address

SUBMIT

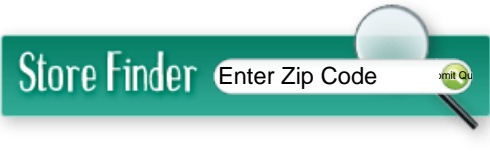
Like Us On Facebook



You and 128,376 others like
this. 128,376 people like this. [Sign](#)



*By providing your contact information to Earth Balance you agree to receive
communications from Earth Balance and its partners.



Products | Kitchen Tips | Wellness | Recipes | Responsibility | Community

News & Events | FAQs | About Us | Contact | Newsletter Sign-up | Store Finder | Privacy Policy | Terms of Use

© 2014 GFA BRANDS, INC



Breakfast

Cinnamon Apple Granola

Once you've made your own granola, you'll understand why there's no turning back. The flavor options and ingredients are endless, the fresh taste is truly beyond compare, and the biggest secret of all is how easy it really is. Ours sings of cinnamon and sweet apples with buttery crunch from our Sweet Cinnamon Organic Culinary Spread—a sunny combination that makes mornings look a whole lot brighter. The only thing missing is a glug or two of our Earth Balance® Organic Soymilk.

Makes about 6 cups (12 1/2 cup servings)

Ingredients

- ~ 3 cups rolled organic oats (not instant or quick cook)
- ~ 1 cup sliced or slivered almonds or whole almonds, rough chopped
- ~ 1/2 cup raw pumpkin seeds
- ~ 1/2 cup cashew pieces
- ~ 3 Tbs. golden flaxseeds
- ~ 1/2 cup unsweetened applesauce
- ~ 1/4 cup maple syrup
- ~ 1/4 cup Earth Balance® Sweet Cinnamon Organic Culinary Spread
- ~ 1 tsp. ground cinnamon
- ~ 1/2 tsp. ground ginger
- ~ 1/2 tsp. sea salt
- ~ 1/2 cup chopped dried apples
- ~ 1/2 cup golden raisins

Instructions

1. Preheat oven to 300°F.
2. In a large bowl, mix together oats, almonds, pumpkin seeds, cashews and flaxseeds.
3. In a small saucepan, heat applesauce, maple syrup, Sweet Cinnamon Organic Culinary Spread, cinnamon, ginger, and salt over low heat, stirring until everything is melted and combined into a sauce.
4. Mix the applesauce mixture in with the dry ingredients, tossing to evenly coat.
5. Spread the mixture on a parchment paper-lined baking sheet (use two if necessary).
6. Bake 45 minutes, stirring every 15 minutes, until the granola turns golden brown.
7. Remove from oven, cool completely and break up any large chunks. Stir in dried fruit. Store in an airtight container and enjoy within one month.

Nutrition Info

PER SERVING: 280 CAL; 6G PROT; 14G TOTAL FAT (3G SAT. FAT); 27G CARB; 0MG CHOL; 52MG SOD; 4G FIBER; 12G SUGARS

EXHIBIT G-3



Search...

[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#) [Contest >](#)

100% CHEEZY
100% VEGAN
100% GMO-FREE



GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

SIGN UP!



[See More >](#)

Today's Featured Post...



Latest Articles...

More Mac & Cheese, Please

Posted October 20, 2014

Photograph courtesy of Kathy Patalsky Brrr! Is it still fall or did winter just creep in a little early? To keep us warm, we've been keeping lots of our Vegan [...]

[READ MORE...](#)

Categories: [Earth Balance](#) [Earth Balance](#)

Products [Plant-Based](#) [Diet](#) [Vegan](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Recipe Search

Search...

Follow us



on Pinterest



Top 10 Fall Garden Checklist

Posted October 19, 2014

Summer may be over, but that's no reason to believe that your garden has magically disappeared with it. In fact, by making time to give it some extra TLC right [...]

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories:Community Lifestyle Living Natural Foods Organic gardening Plant-Based Diet Tips Vegan



October Book Giveaway: Spork-Fed

Posted October 18, 2014

Spork Foods is a Los Angeles-based gourmet vegan food company that's owned and operated by sisters Jenny Engel and Heather Goldberg. Their innovative cuisine emphasizes organic, local, and seasonal ingredients. [...]

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories:Books Lifestyle Living Plant-Based Diet Vegan



Top 50 Staples For a Meat-Free Diet

Posted October 17, 2014

When it comes to plant-based cooking, a versatile and well-equipped kitchen packed with vegan supplements to cook with is essential. With the right ingredients, there's not much you'll need to [...]

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories:Food Lifestyle Living Plant-Based Diet Vegan



Book Giveaway: Superfoods for Life, Cacao

Posted October 16, 2014

Do you have a sweet tooth for chocolate? Then you're going to LOVE Matt Ruscigno's new book that delves into cacao, which is a raw chocolate (neat note, often referred [...])

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories:Books Lifestyle Living Plant-Based Diet Recipe Recipes Vegan



Vegan Candy Corn

Posted October 15, 2014

Yup, you read that right! No longer mythical, we've got the vegan spin on these delicious holiday treats, which you can make yourself here. Happy monster mashing!

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories:Community Food Lifestyle Living Plant-Based Diet Recipe Seasonal Eating Vegan



Vegan Frankenstein Treats

Posted October 14, 2014

Not only are these (adorable!) Frankenstein Brown Rice Krispie Treats vegan and gluten-free, but they're also pretty simple to make. Perfect for any upcoming Halloween festivities! Get the recipe here.

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories:Cooking and Baking Food Gluten Free Recipes Vegan

NEXT >

News

Newsworthy
Trailblazers

Vegan Recipes

Living

Lifestyle
Books
Veggie Kids
Sustainability
Non-GMO

Products

Contest

About





Search...



[News >](#)

[Vegan Recipes >](#)

[Living >](#)

[Submit a Recipe >](#)

[Contest >](#)

100% CHEEZY
100% VEGAN
100% GMO-FREE



GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

SIGN UP!

Newsworthy

Follow us



on Pinterest

Meet the Earth Balance Family

Posted July 22, 2014

Did you know that Earth Balance makes not one, not four, but 37 delicious, GMO-free, perfectly plant-based products? That's right...we've evolved from buttery spreads to an entire suite of sweet [...]

[READ MORE](#)

SPREAD THE NEWS    

Categories: [Earth Balance](#) [Earth Balance Products](#) [Newsworthy Non-GMO Plant-Based Diet](#) [Uncategorized](#) [Vegan](#)

COMMENTS: [2](#)



Find Your Balance at the Wanderlust Festival

Posted March 2, 2014

Mind. Body. Spirit. We love adventures that embody all three—and that's why Earth Balance is a proud sponsor of the Wanderlust Festival. What's Wanderlust, you ask? They express it best: [...]

[READ MORE](#)

SPREAD THE NEWS    

Categories: [Community](#) [Lifestyle](#) [Living](#) [Newsworthy](#) [Vegan](#)

COMMENTS: [0](#)





Q&A: Jasey's Little Bakery

Posted February 16, 2014

Sometimes heroes come in small packages. Take Jasey of Jasey's Little Bakery. She caught our eye when we heard about her commitment to making gluten-free, dairy-free, refined-sugar-free, but not taste-free [...]

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories: [Lifestyle](#) [Living](#) [Newsworthy](#) [Trailblazers](#) [Vegan](#)

COMMENTS: [0](#)



This Vegan Olympian is Plant-Powered

Posted February 14, 2014

Toe pick! Olympic figure skater Meagan Duhamel discusses her vegan diet, her training regimen, and more. Most vegan-friendly city? Could Richmond, VA fit the bill? Huh? Ecorazzi reports that a [...]

[READ MORE](#)

SPREAD THE NEWS [f](#) [g+](#) [t](#) [p](#)

Categories: [News](#) [Newsworthy](#)

COMMENTS: [0](#)

NEXT 

News

[Newsworthy](#)
[Trailblazers](#)

Vegan Recipes

Living

[Lifestyle](#)
[Books](#)
[Veggie Kids](#)
[Sustainability](#)
[Non-GMO](#)

Products

Contest

About



[Home](#) | [About](#) | [FAQ](#) | [RSS](#) | [Privacy Policy](#) | [Terms of Service](#) | [Contact](#) | [Help](#)

Made in USA | ©2014 GFA Brands, Inc.



Search...



News > Vegan Recipes > Living >
Submit a Recipe > Contest >

100% CHEEZY
100% VEGAN
100% GMO-FREE



GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

SIGN UP!

[See More >](#)

Today's Featured Post...



Vegan Mornings

Posted October 10, 2014

Photograph courtesy of VeggieAndTheBeastFeast.com It's Friday, but we're already in a dreamy Saturday morning state of mind where we're noshing on delicious vegan breakfast fare. Sleeping in late, brewing coffee, [...]

[READ MORE...](#)

Categories: [Food](#) [Lifestyle](#) [Living](#) [Plant-Based Diet](#) [Recipe](#) [Recipes](#) [Vegan](#)

SPREAD THE NEWS



Recipe Search

Search...



Latest Articles...

Follow us



on Pinterest



Caramel Apples for Fall

Posted October 9, 2014

Fall, the season where apple orchards are overflowing with deliciously ripe apples. Know what makes them taste even better? Glazing them in vegan caramel. This crunchy and sweet treat [...]

[READ MORE](#)

SPREAD THE NEWS    

Categories: [Food](#) [Lifestyle](#) [Living](#) [Plant-Based Diet](#) [Recipe](#) [Vegan](#)



Vegan Pumpkin Chili

Posted October 8, 2014

We're officially into the first week of October, and fall is most certainly in the air. Naturally, we've been daydreaming about warm comfort foods to keep the impending chilly temps [...]

[READ MORE](#)

SPREAD THE NEWS    

Categories: [Food](#) [Lifestyle](#) [Living](#) [Plant-Based Diet](#) [Recipe](#) [Seasonal Eating](#) [Vegan](#)



October Book Giveaway: Salad Samurai

Posted October 7, 2014

Discover the way of salad through award-winning chef and author, Terry Hope Romero's new book: Salad Samurai. An ode to salads and filled with stunning imagery, it's clear Romero knows her veggies! [...]

[READ MORE](#)

SPREAD THE NEWS    

Categories: [Books](#) [Lifestyle](#) [Living](#) [Plant-Based Diet](#) [Vegan](#)



Top 5 Things We Love About Our Chips

Posted October 6, 2014

Confession: We have a real weakness when it comes to our vegan chips. Weakness as in we have to force ourselves to stop reaching for another handful, or the entire [...]

[READ MORE](#)

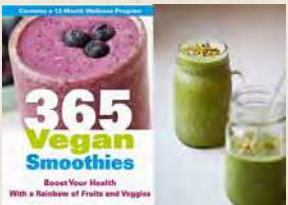


Vegan and Gluten Free Pancakes!

Posted October 5, 2014

Photograph courtesy of Allyson Kramer In our humble opinion, Sunday's are meant for kicking around at home in our jammies and just relaxing. First things first, though: Breakfast. We're starting [...]

[READ MORE](#)



October Book Giveaway: 365 Vegan Smoothies

Posted October 4, 2014

Who's ready for another book giveaway?! We're thrilled to announce that we've partnered with Kathy Patalsky of one of our favorite vegan blogs, Healthy. Happy. Life. for our second giveaway. [...]

SPREAD THE NEWS    

Categories: [Earth Balance](#) [Earth Balance](#)
[Products](#) [Non-GMO](#) [Plant-Based Diet](#)
[Vegan](#)

SPREAD THE NEWS    

Categories: [Gluten Free](#) [Lifestyle](#) [Living](#)
[Plant-Based Diet](#) [Recipe](#) [Vegan](#)

READ MORE

SPREAD THE NEWS    

Categories: [Books](#) [Lifestyle](#) [Living](#) [Plant-Based Diet](#) [Vegan](#)

NEXT 

News

[Newsworthy](#)
[Trailblazers](#)

Vegan
Recipes

Living

[Lifestyle](#)
[Books](#)
[Veggie Kids](#)
[Sustainability](#)
[Non-GMO](#)

Products Contest

About





[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)





100% CHEEZY
100% VEGAN
100% GMO-FREE

GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

[SIGN UP!](#)

Gluten Free Magical Seven-Layer Bars

Written by Made Just Right on March 15, 2012 · 11 Comments



Today we are sharing an especially delicious gluten free, nut free, vegan treat from [Gluten Free Gigi!](#)

There is one recipe from my childhood holidays I never refashioned to fit my gluten free, dairy free, soy free, nut free life. In fact, until I started thinking of what to share for an event I was attending, I hadn't even considered the super-simple bars my mother used to make.

Recipe Search

Follow us



on Pinterest

“Magic Bars”, “Seven Layer Bars”, “Everything Bars”, “Homemade Candy Bars”. I bet you’ve even got other names for them I’ve never heard. Whatever you call them, if you’ve had them, and if you’re honest about it, you know they’re just plain yum. There’s not one healthy thing about them in their original form... they are loaded with fat and sugar, and all sorts of things you should probably never feed anyone, especially children!

Every ingredient in the original recipe is off-limits to me. Some were easy to substitute, others were a challenge. Namely, butterscotch chips and sweetened condensed milk. I made my own version of each, and I’m including links for those recipes here too, in case you’re like me and need gluten free dairy free options for these ingredients.

Ingredients:

1 1/2 cups Gluten Free graham cracker crumbs
1/4 cup Earth Balance® Soy Free Buttery Spread, melted
1 recipe dairy free sweetened condensed “Milk” ([Recipe](#))
1 cup dairy free butterscotch chips ([Recipe](#))
1 cup Enjoy Life Foods (or any non-dairy) mini chocolate chips
1 cup unsweetened grated organic coconut
1 cup roasted (salted or unsalted, whichever you prefer) organic sunflower seeds (I used salted to offset the sweetness of the bars a bit)

[Gluten Free Gigi Tip: If you’re making the dairy free sweetened condensed milk and butterscotch chips, do that first. It takes a little time to prepare those.]

Directions:

Preheat your oven to 350F. Spray a 9×13-inch baking pan (I like to use a glass baking dish for these bars) with a cooking spray or grease lightly. Set aside.

In a mixing bowl, stir graham crumbs and Earth Balance® Buttery Spread together. Press into the prepared baking dish.

Pour sweetened condensed “milk” evenly over top of graham crust.

Layer butterscotch chips, chocolate chips, coconut, and seeds. Press gently with palm of your hand.

Bake for 25 minutes. Remove from oven and cool for 20 minutes.

Use a knife to go around the edge of the pan to loosen the bars, then cut into squares. Allow bars to cool completely before removing from pan.

I love to chill these bars just a little before serving. I hope you enjoy them as much as I do!

Do you have a favorite beloved recipe that you’ve managed to successfully veganize? Let us know about it in the comments and we’ll pick one winner for today’s Everyday Giveaway of FREE Earth Balance®... your comment is your contest entry!



Rating: 0.0/5 (0 votes cast)

Subscribe to Our Newsletter!

Subscribe

Related Posts



Sweet Potato and
Chocolate Romance



Vegan BoBerry Biscuits
Recipe



Tofu Jerky!



Vegan Thai Chicken
Wraps



Categories: *Cooking and Baking, Gluten Free*

SPREAD THE NEWS    



Read below or [add a comment...](#)

11 Responses to "Gluten Free Magical Seven-Layer Bars"

Cate Donoghue says:

March 1, 2013 at 1:34 pm

I'll try this one, thanks!!

Rating: 0.0/5 (0 votes cast)

[Reply](#)

RAJ SHAH says:

March 1, 2013 at 1:35 pm

My favorite beloved recipe was making ice cream cake with the BEST lemon cake ever. Veganized it with vanilla soy ice cream, made a frosting using tart kefir frozen yogurt, and used Earth Balance Buttery spread to make the cake! So so so yummy!!

Rating: 0.0/5 (0 votes cast)

[Reply](#)

Jayedee Dewitt says:

March 1, 2013 at 1:36 pm

oh! this looks lovely! and non dairy sweetened condensed milk? ahhhhhhhhh!!!!

Rating: 0.0/5 (0 votes cast)

[Reply](#)

Amy Davidson says:

March 1, 2013 at 1:37 pm

peanut butter cookies is a favorite recipe that I've been able to veganize 😊

Rating: 0.0/5 (0 votes cast)

[Reply](#)

Kathleen Keene says:

March 1, 2013 at 1:38 pm

We successfully veganized the Betty Crocker Cabbage Rolls recipe, using Gardein burgers, and topped with Daiya! 😊

Rating: 0.0/5 (0 votes cast)

[Reply](#)

Blair Greenwood says:

March 1, 2013 at 1:39 pm

This looks absolutely delicious ! I am traveling to my hometown in April to visit family, and I can't wait to make my mom this!

Rating: 0.0/5 (0 votes cast)

[Reply](#)

Rachel Zacrep says:

March 1, 2013 at 1:40 pm

pumkin pie is my favorite thing i have been able to successfully veganized!

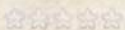
Rating: 0.0/5 (0 votes cast)

[Reply](#)

Kelly OConnor-Salomon says:

March 1, 2013 at 1:41 pm

I have a casserole recipe that I veganized pretty successfully—I've had it in my notebook for so long, that I forgot where I originally got it from, but it called for ground beef and cheese, which I subbed with SmartGround and Daiya shreds. I used GF pasta when I made it last week, and it was still yummy.



Rating: 0.0/5 (0 votes cast)

[Reply](#)

Beth Mickens says:

March 1, 2013 at 1:41 pm

I love to attempt to veganize anything and everything! This looks yummy and I definitely want to try the condensed milk recipe and butterscotch recipe to help veganize a filipino dessert called halo-halo and neiman-marcus cookies! Thanks GF Gigi!



Rating: 0.0/5 (0 votes cast)

[Reply](#)

Gigi Gluten Free says:

March 1, 2013 at 1:42 pm

These "veganized" creations of yours sound yummy, everyone!

These bars were one from childhood that I really missed. Nice to be able to enjoy them again!

xoxo,

Gigi 😊



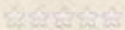
Rating: 0.0/5 (0 votes cast)

[Reply](#)

Terree Cloth says:

March 1, 2013 at 1:43 pm

Because I keep a strictly kosher kitchen, and don't mix meat and dairy, I often look at vegan recipes for desserts after a meat meal. I've tried a few vegan alternatives for sweetened condensed milk; none of them worked out. I'm eager to try your version; it looks good! If only So-Delicious was kosher for Passover! Most of the recipes I have successfully veganized are desserts. It's easy substituting Earth Balance sticks—very tasty.



Rating: 0.0/5 (0 votes cast)

[Reply](#)

Leave A Comment...

Name *

Email *

Website



SUBMIT



Subscribe to notifications for this topic.

News

Newsworthy
Trailblazers

Vegan Recipes

Living

Lifestyle
Books
Veggie Kids
Sustainability
Non-GMO

Products

About



[Home](#) | [About](#) | [FAQ](#) | [RSS](#) | [Privacy Policy](#) | [Terms of Service](#) | [Contact](#) | [Help](#)

Made in USA | ©2014 GFA Brands, Inc.



[f](#) [t](#) [p](#) [YouTube](#) [Instagram](#) [RSS](#)

[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)




GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

[SIGN UP!](#)

Chocolate Cranberry Bars – Vegan

 2 Written by Lisa Bono on December 10, 2010 · 7 Comments

Tags: [bars](#), [bars dairy free](#), [bars vegan](#), [dessert](#), [dessert bars](#), [vegan](#)



The flavor combination of cranberry and chocolate is so delicious! These bars are easy to make and vegan. Everyone will love them.

Recipe Search

[Submit a Recipe](#)

Follow us



on Pinterest

Browse Recipes



Ingredients

- 1 cup Earth Balance Vegan Buttery Sticks
- 2 cups Flour
- 1/2 cup Brown Sugar
- 2 cups Semisweet Chocolate Chips
- 1 cup Earth Balance Original Soy Milk
- 1/2 cup Pecans, finely chopped
- 1 cup Cranberry Preserves



Prep Time : 30 min



Cook Time : 30 min



Yields:
12 serv.

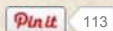
Directions



1. You can either purchase cranberry preserves or make your own. To make your own cranberry preserves:
2. Place 1 cup cranberry juice, 1 cup fresh or frozen cranberries, and 1/4 cup sugar in a sauce pan.
3. Cook on medium heat until boiling for 15 minutes.
4. Remove from heat and set aside. Preserves will get thicker as it cools.
5. Mix together Earth Balance butter, sugar, and flour until a dough forms.
6. Press down 1/2 of the dough into a greased 8 by 11 inch baking pan. Bake at 350 degrees for 12 minutes.
7. In a small sauce pan over low heat combine Earth Balance soy milk and chocolate chips. Once chocolate is melted remove from heat.
8. Spread chocolate mixture over prepared crust.
9. Stir pecans into reserved dough and sprinkle over chocolate filling.
10. Drop cranberry preserves over dough.
11. Return to oven and continue baking for 30 minutes. Remove from oven and let cool. Cut into bars. Enjoy!



Rating: 0.0/5 (0 votes cast)



SPREAD THE NEWS    

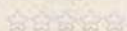
Read below or [add a comment...](#)

7 Responses to "Chocolate Cranberry Bars – Vegan"

DeDe says:

December 19, 2012 at 1:04 pm

Wow these look amazingly delicious! I love cranberries with chocolate.



Rating: 0.0/5 (0 votes cast)



Deb Carlson says:

- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

December 19, 2012 at 2:32 pm

Wish they made the Earth Balance gluten, dairy, AND soy free tub in to sticks like these other varieties. Then I could make recipes like this. Having a hard time wondering why they don't. They do look!

★ ★ ★ ★ ★

Rating: 0.0/5 (0 votes cast)

Reply

Adam says:

December 19, 2012 at 6:47 pm

these look so good! I made something similar with raspberry, I bet the cranberry would be delicious

destend2b.. you can still use the tubs in recipes that call for sticks, you just have to either use measuring cups to measure out the same amount called for in stick form, or even easier is to use a kitchen scale and do it by weight.. I use the soy free version and do it by weight, super simple

★ ★ ★ ★ ★

Rating: 0.0/5 (0 votes cast)

Reply

Adam says:

December 19, 2012 at 6:47 pm

these look so good! I made something similar with raspberry, I bet the cranberry would be delicious

★ ★ ★ ★ ★

Rating: 0.0/5 (0 votes cast)

Reply

Angie Schnetzka says:

December 26, 2012 at 12:54 pm

I made these yesterday for Christmas, and much to my dismay, they turned out rather mushy. I baked for a total of 45 min also to see if that would help. I am not sure if I used too much butter, but I had a tub instead of a stick and packed it in the measuring cup. It is quite possible that I had too much butter. I decided to place the baking dish in the fridge last evening, so hopefully they will look more like bars and firm up. I will not give up 😊 O think apricot preserves would be yummy also!

★ ★ ★ ★ ★

Rating: 0.0/5 (0 votes cast)

Reply

Deb Carlson says:

December 30, 2012 at 10:53 am

Angie — this is why a stick works so much better than tub. Tubs have way too much water. I was hoping some day Earth Balance would make a stick for the dairy-gluten-soy free butter. If they can do it for the other two varieties, why not this one?

★ ★ ★ ★ ★

Rating: 0.0/5 (0 votes cast)

Reply

Deb Carlson says:

December 30, 2012 at 10:54 am

People who bake normally (who don't have allergy issues) know not to use tubs for this reason.

★ ★ ★ ★ ★

Rating: 0.0/5 (0 votes cast)

Reply

Leave A Comment...

Name *

Email *

Website



and

Privacy & Terms

reCAPTCHA

reCAPTCHA

SUBMIT

☐ Subscribe to notifications for this topic.

News

Newsworthy

Trailblazers

Vegan Recipes

Living

Lifestyle

Books

Veggie Kids

Sustainability

Non-GMO

Products


About

made just right
by earth balance

earth balance


Home|About| FAQ|RSS|Privacy Policy|Terms of Service|Contact|Help|

Made in USA | ©2014 GFA Brands, Inc.



[f](#) [t](#) [p](#) [YouTube](#) [Instagram](#) [RSS](#)

[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)




100% CHEEZY
100% VEGAN
100% GMO-FREE

GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

[SIGN UP!](#)

Classic Toffee Bars – Vegan

 1 Written by Made Just Right on February 19, 2013 · 1 Comment



Easy to make and easy to enjoy, our toffee bars are rich, buttery tasting and vegan. They make great hostess gifts and are the perfect ending to any meal when paired with coffee or hot chocolate. SERVING: 187CAL; 2G PROT; 7G

Recipe Search

[Submit a Recipe](#)

Follow us



on Pinterest

Browse Recipes



TOTAL FAT (3G SAT. FAT); 25G CARB; 0MG CHOL; 72MG SOD; 2G FIBER; 16G SUGARS *Recipe and Photography by Melynda's Kitchen

Ingredients

1/3 cup nuts (almonds, walnuts, pecans)
1/2 cup Earth Balance® Vegan Buttery Stick (1 whole stick)
1/2 cup light brown sugar
1/4 teaspoon vanilla extract
1/4 teaspoon salt
1 cup unbleached all-purpose flour
6 ounce vegan dark, semisweet or milk chocolate chips



Prep Time : 25 min



Cook Time : 25 min



Yields:

16 serv.

Directions



1. Preheat oven to 350°F. Line 8X8 baking pan with foil. Use two sheets, placed on opposite sides to make sure the bottom of the pan is covered in foil.

2. Spread nuts on a baking sheet. Bake 6 to 8 minutes, until lightly toasted. Cool, then chop and set aside.

3. Melt Earth Balance® Vegan Buttery Stick in a saucepan over medium heat or in a bowl in a microwave.

4. Stir in sugar and vanilla, then stir in salt and flour.

5. Spread mixture evenly on the bottom of the pan.

6. Bake 20 to 25 minutes, until golden brown.

7. Remove from oven and sprinkle with chocolate chips. Place back in oven for 2 to 3 minutes.

8. Remove from oven and using a knife or offset spatula, spread the chocolate evenly over the shortbread. Sprinkle with nuts.

9. Set aside to cool. When cool, remove shortbread from pan using the ends of the foil as handles. Place on a cutting board and cut into squares.

10. Store in an airtight container for up to 3 weeks at room temperature.



Rating: 5.0/5 (1 vote cast)

Classic Toffee Bars - Vegan, 5.0 out of 5 based on 1 rating



SPREAD THE NEWS    

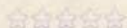
Read below or [add a comment...](#)

One Response to "Classic Toffee Bars – Vegan"

The Savvy Sister says:

December 3, 2013 at 11:11 am

Can't wait to try this! I use parchment paper instead of unhealthy aluminum foil. You can get it to stick to the pan by spraying the pan lightly with oil before placing the paper down. Thanks for sharing!



- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

Rating: 0.0/5 (0 votes cast)

Reply

Leave A Comment...

Name *

Email *

Website



SUBMIT



Subscribe to notifications for this topic.

News

Newsworthy

Trailblazers

Vegan Recipes

Living

Lifestyle

Books

Veggie Kids

Sustainability

Non-GMO

Products

About



[Home](#) | [About](#) | [FAQ](#) | [RSS](#) | [Privacy Policy](#) | [Terms of Service](#) | [Contact](#) | [Help](#)

Made in USA | ©2014 GFA Brands, Inc.



[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)






100% CHEEZY
100% VEGAN
100% GMO-FREE

GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

SIGN UP!

Cranberry Christmas Bars

 0 Written by Emma Ryan on December 20, 2012 · [Leave a Comment](#)



Brown sugar cranberry cookie bars topped with an egg nog flavored cream cheese frosting! Vegan and gluten free!



Prep Time : 20 min

Recipe Search

Submit a Recipe

Follow us



on Pinterest

Browse Recipes



Ingredients

cup Bob's red mill gluten free flour (or flour of choice)
 cup Earth balance butter
 ounce Tofutti cream cheese
 cup Powdered sugar
 cup Packed light brown sugar
 Prepared Ener-g egg replacers
 teaspoon Vanilla extract
 cup Earth balance soy nog
 teaspoon Almond extract
 teaspoon Baking powder
 cup Dried Cranberries
 cup Almond slivers



Cook Time : 22 min



Yields:
9 serv.

- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

Directions



10

1. Preheat oven to 350 degrees F.
2. Line a square baking dish with parchment paper so you can easily pull out the bars.
3. Melt 3/4 cup butter and stir in the brown sugar
4. Transfer to a large bowl and cool
5. Using an electric mixer, beat in the egg replacers, almond extract, and 3/4 teaspoon vanilla extract
6. Gradually add in the flour and baking powder. It should be thick.
7. Finally stir in 3/4 cup cranberries.
8. Spread the batter into the prepared pan.
9. Bake for 20-22 minutes or until a toothpick comes out clean.
10. Once done, remove from pan to cool thoroughly.
11. Prepare the frosting in a large bowl using an electric mixer.
12. Beat the cream cheese and powdered sugar until thoroughly whipped.
13. Add in the soy nog and extra vanilla extract.
14. Store in the fridge to keep solid
15. Once the bars are cooled, cut into squares and frost.
16. Decorate with remaining dried cranberries and almond slivers
17. Serve and enjoy:)



Rating: 0.0/5 (0 votes cast)



10

SPREAD THE NEWS

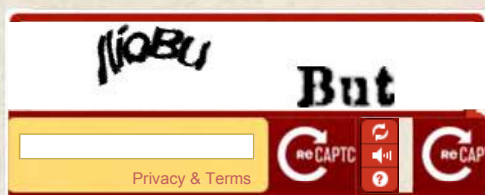


Leave A Comment...

Name *

Email *

Website



SUBMIT

☐ Subscribe to notifications for this topic.

News

Newsworthy
Trailblazers

Vegan Recipes

Living

Lifestyle
Books
Veggie Kids
Sustainability
Non-GMO

Products

About



[Home](#)|[About](#)| [FAQ](#)|[RSS](#)|[Privacy Policy](#)|[Terms of Service](#)|[Contact](#)|[Help](#)|

Made in USA | ©2014 GFA Brands, Inc.



[f](#) [t](#) [p](#) [YouTube](#) [iStock](#) [RSS](#)

[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)




100% CHEEZY
100% VEGAN
100% GMO-FREE

GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

[SIGN UP!](#)

Oatmeal Raisin Bars

 0 Written by Marg on December 26, 2012 · [Leave a Comment](#)



Simple Oatmeal Raisin Bars. You can add nuts/sunflower seeds/chips/other dried fruit, vary the sweetness and even have a crumb crust.

Recipe Search

[Submit a Recipe](#)

Follow us



on Pinterest

Browse Recipes

Ingredients

2 tablespoons sunflower seeds/chopped nuts (almonds/peanuts)
3/4 gram unbleached white flour
1/2 cup whole wheat flour
1/4 cup white corn meal
3/4 cup oatmeal
1/3 cup raisins
1/4 cup margarine
1 tablespoon vanilla
2 tablespoons nutritional yeast
1 tablespoon baking powder
3 tablespoons almond/soy milk
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 cup raw sugar/refined raw sugar



Prep Time : 20 min



Cook Time : 25 min



Yields:
8 serv.

- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

Directions



1. Mix dry ingredients set aside (flour/baking powder/corn meal)
2. In medium bowl mix/beat margarine, sugar, vanilla, soy)
3. Stir in dry ingredients (flours), thoroughly mix
4. Add oatmeal, raisins, nuts, seeds, cinnamon & ginger
5. Coat bottom of baking pan (sq/round) with extra margarine/flour/sugar
6. Spread mix in baking pan. Bake for 20-25 Min at 325–350 deg (depends on your oven) until baked
7. Spray or drizzle mix of margarine, sugar, water over top. Cool bars in refrigerator & cut into squares
8. TIP: When preparing if mixture is too thick, add more margarine + 1-2 Tble water.



Rating: 0.0/5 (0 votes cast)



SPREAD THE NEWS    

Leave A Comment...

Name *

Email *

Website



[Privacy & Terms](#)



SUBMIT



Subscribe to notifications for this topic.

News

[Newsworthy](#)
[Trailblazers](#)

Vegan Recipes

Living

[Lifestyle](#)
[Books](#)
[Veggie Kids](#)
[Sustainability](#)
[Non-GMO](#)

Products

About



[Home](#)|[About](#)|[FAQ](#)|[RSS](#)|[Privacy Policy](#)|[Terms of Service](#)|[Contact](#)|[Help](#)|

Made in USA | ©2014 GFA Brands, Inc.



made
just right
by earth balance

[f](#) [t](#) [p](#) [YouTube](#) [Instagram](#) [RSS](#)


[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)

100% CHEEZY
100% VEGAN
100% GMO-FREE

GET THE NEWSLETTER
VEGAN NEWS, COUPONS, RECIPES AND MORE

SIGN UP!

Peanut Butter Fudge Pretzel Bars

 1 Written by Hannah Kaminsky on April 30, 2012 · [Leave a Comment](#)

Tags: [bars](#), [chocolate](#), [cookies](#), [dessert](#), [nuts](#), [pasta sauce](#), [side dish](#) [gluten free](#) [avocado](#), [spring to life recipe contest](#), [vegan](#), [vegan chocolate](#)

Both creamy and crunchy, sweet and salty, and chocolatey all over, the combination of these few ingredients tastes something like a cross between peanut butter cups and party mix. Invented on one cold day in the college dorms when few ingredients could be scrounged up, these humble pantry staples were all I had to work with, but did they ever exceed expectations. Sliced into generous chunks and left on the kitchen table to share, not a crumb remained by nightfall. I like to think that these crowd-pleasing treats won me a couple more friends.

Ingredients

3/4 cup White Whole Wheat or All Purpose Flour
3/4 cup Coarsely Ground Pretzels



Prep Time : 20 min



Cook Time : 25 min



Yields:
12 serv.

Directions

 Pin it

1. Preheat your oven to 350 degrees and lightly grease a 8 x 8 inch square baking pan.
2. Mix together the flour, ground pretzels, and sugar in a medium mixing bowl. Using a pastry cutter or a fork, cut in the margarine until the mixture resembles coarse crumbs.
3. Drizzle in the water, one tablespoon at a time, until the crumbs come together into a cohesive dough.

Recipe Search

Submit a Recipe

Follow us



on Pinterest

Browse Recipes



4. Transfer to your prepared pan, and press the dough firmly and evenly into the bottom. Bake for 20 – 24 minutes until golden brown all over. Allow to cool for at least ten minutes before proceeding.

5. Place the chocolate pieces and agave in a microwave-safe container. Heat on full power for one minute. Stir vigorously, and add the peanut butter.

6. Heat once more for about 30 seconds and stir again thoroughly, until completely smooth. If the chocolate hasn't all melted yet, continue heating in 30-second increments on half power until the mixture is perfectly smooth.

7. Mix in the vanilla, and quickly pour over the cooled crust.

8. Sprinkle the crushed pretzels evenly over the top, and be generous! It may seem like a lot, but you want to almost completely cover the fudge layer. Use the palms of your hands to gently press the pieces in so that they adhere.

9. Refrigerate for about 1 hour, until firm. Slice into bars or squares, and let come back up to room temperature before serving.

10. Store in an air-tight container at room temperature, in one layer. Though the fudge is firm enough, stacking squares is a bad idea because they're likely to smear and become extremely messy.



Rating: 0.0/5 (0 votes cast)



SPREAD THE NEWS

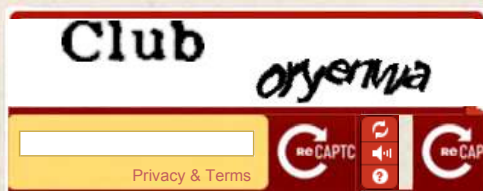


Leave A Comment...

Name *

Email *

Website



SUBMIT



Subscribe to notifications for this topic.

- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

News

[Newsworthy](#)

[Trailblazers](#)

Vegan Recipes

Living

[Lifestyle](#)

[Books](#)

[Veggie Kids](#)

[Sustainability](#)

[Non-GMO](#)

Products

About





[News >](#) [Vegan Recipes >](#) [Living >](#) [Submit a Recipe >](#)






100% CHEEZY
100% VEGAN
100% GMO-FREE

GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

[SIGN UP!](#)

Sticky Bourbon Pecan Pie Bars by Spork Foods

 1 Written by Made Just Right Team on October 3, 2013 · [Leave a Comment](#)



These bars have all the flavor and sticky deliciousness of pecan pie, without the intensive work – and to top it off, they are gluten-free, vegan, natural, and are made to please.



Recipe Search

[Submit a Recipe](#)

Follow us



on Pinterest

Browse Recipes



Ingredients

For the crust:

- ¾ cup organic gluten-free rolled oats (Bob's Red Mill preferred)
- ¾ cup organic all purpose gluten-free flour (Pamela's brand preferred)
- 3 tablespoons evaporated cane sugar
- 2 tablespoons maple syrup
- 1/8 teaspoon sea salt
- ¼ teaspoon ground Saigon or Vietnamese cinnamon
- ½ teaspoon non-aluminum baking powder
- 3 tablespoons neutral tasting oil (safflower or refined coconut)

For the pecan topping:

- 2 tablespoons all purpose gluten-free flour (Pamela's brand preferred)
- 2 tablespoons Earth Balance® Original Buttery Spread
- 2 tablespoons bourbon
- 1 teaspoon vanilla extract
- ¼ cup maple syrup
- 1 tablespoon blackstrap molasses
- ¼ cup brown rice syrup
- ¼ teaspoon ground Saigon or Vietnamese cinnamon
- 1/8 teaspoon sea salt
- 1 ¼ cups pecan pieces, toasted



Prep Time : 30-60 min



Cook Time : 20-30 min



Yields:
12 serv.

- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

Directions



1. Preheat oven to 350°.
2. In a large food processor, add oats, gluten-free flour, sugar, maple syrup, sea salt, cinnamon, baking powder and oil. Pulse to combine until mostly uniform.
3. Press mixture into greased 8 x 8 baking dish and bake for 15-16 minutes, or until golden. Remove from oven and set aside.
4. Meanwhile, for topping, in a small sauce pot over medium heat add buttery spread and gluten-free flour and whisk to form a roux.
5. To the pot, add bourbon, vanilla extract, maple syrup, molasses, brown rice syrup, cinnamon and sea salt. Stir to combine and continue to cook over medium low heat for about 6 minutes to thicken. Add toasted pecan pieces gently whisk. Cook about 1 more minute and remove from heat.
6. Spread filling mixture over baked, slightly cooled crust and allow to firm up for 20 minutes on counter top, and then 1 hour in refrigerator.

© Spork Foods, 2013



Rating: 5.0/5 (1 vote cast)

Sticky Bourbon Pecan Pie Bars by Spork Foods, 5.0 out of 5 based on 1 rating



SPREAD THE NEWS

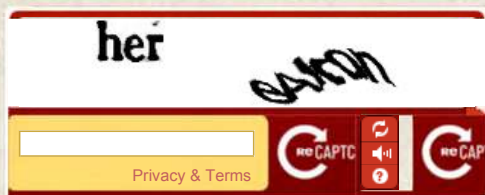


Leave A Comment...

Name *

Email *

Website



SUBMIT



Subscribe to notifications for this topic.

News

Newsworthy
Trailblazers

Vegan Recipes

Living

Lifestyle
Books
Veggie Kids
Sustainability
Non-GMO

Products

About



[Home](#)|[About](#)|[FAQ](#)|[RSS](#)|[Privacy Policy](#)|[Terms of Service](#)|[Contact](#)|[Help](#)|

Made in USA | ©2014 GFA Brands, Inc.



[f](#)
[t](#)
[p](#)
[YouTube](#)
[Instagram](#)
[RSS](#)

[News >](#)
[Vegan Recipes >](#)
[Living >](#)
[Submit a Recipe >](#)




GET THE NEWSLETTER

VEGAN NEWS, COUPONS, RECIPES AND MORE

[SIGN UP!](#)

Vegan Nanaimo Bars by The Cozy Vegan


 1 Written by Made Just Right Team on December 12, 2013 · 1 Comment



Let's be real, Earth Balance® enthusiasts. While I love the holidays, my fondest childhood Christmas memories don't really revolve around heartwarming Christmas Eve fireplace gatherings. While I did have those too, I mostly clearly recall sneaking into the freezer to steal Nanaimo bars meant for said family occasions and eating them half frozen. Once I went vegan, for many years a Nanaimo Bar shaped void existed in my heart each time the snow would come around. Eventually, this longing became so much, that I actually did some research and realized vegan Nanaimo Bars are very much possible and quite delicious. Using Earth Balance® Coconut Spread to recreate this decadent Canadian classic, this three layer square boasts a toasty base, creamy coconut centre and a velvety chocolate top layer. These are best enjoyed in the company of family and friends, or half frozen in secret! Cheers!

Ingredients

BOTTOM CRUST:

 Prep Time : 45-60 min

 Yields:
8+ serv.

Recipe Search

[Submit a Recipe](#)

Follow us



Browse Recipes



2 tbsp ground flax seeds+ 1/4 cup water
1/2 cup Earth Balance® Coconut Spread
1 cup crushed almond thin cookies (or your other vegan favourite!)
3/4 cup toasted coconut flakes
3/4 cup toasted sliced almonds
1/4 cup cane sugar
1/3 cup cocoa powder
MIDDLE LAYER:
2 cups confectioner's sugar
1/2 cup Earth Balance® Coconut Spread
2 tbsp arrowroot powder
2 tbsp chilled full fat coconut milk (or non-dairy milk of choice)
1/2 tsp vanilla extract
1/2 tsp extract of choice, or more vanilla*
TOP:
1/2 cup chopped semi-sweet baking chocolate (4 oz)

- * Vegan Dessert
- * Vegan Appetizer
- * Vegan Side Dish
- * Vegan Entree
- * Vegan Breakfast
- * Meatless Monday
- * Quick & Easy
- * Smoothies
- * Gluten Free
- * Vegan Beverage

Directions



1. Line an 8×8 square baking pan with parchment paper, or coat with a thin layer of Earth Balance®.

Bottom Layer:

2. In a food processor or blender, whip together ground flax seed and 1/4 cup of water until thick and frothy, and set aside. This is your binding ingredient that will hold the bottom layer together.

3. In a saucepan on low to medium heat, melt down Earth Balance Coconut Spread, and add sugar and cocoa powder.

4. Remove from heat, and stir in flax seed mixture, coconut, almonds, and almond thins(or your other favorite crumbs).

5. Try not to eat this delicious layer before pressing into your 8×8 pan and setting aside in the fridge while working on the next component!

Middle Layer:

6. With your favourite mixing device, cream together your Earth Balance Coconut Spread, coconut milk, extract, confectioner's sugar, and arrowroot powder until smooth with no lumps.

7. Spread evenly onto bottom layer and place in your freezer to set for at least an hour.

Top Layer:

8. In a heatproof bowl set up as a double boiler, or in your microwave (I won't tell anyone), melt down your chocolate.

9. Stir and allow to cool just slightly, and distribute on top of middle layer to form a smooth, even, top.

Allow to set for at least half an hour in the fridge, or freezer. I've always had a hard time slicing Nanaimo bars, but I've found that heating up a very short knife with some hot water really helps to slice into that hardened chocolate layer. Also, if they don't look absolutely perfect post cutting, appreciate for their RUSTIC CHARM because they will still be delicious!

*I mentioned that one can use the extract of their choice in the creamy filling. Suggestions I have from past experimentation might be coconut, almond, maple, or peppermint extract! Feel free to get creative with it and let me know your favorite!



Rating: 5.0/5 (1 vote cast)

Vegan Nanaimo Bars by The Cozy Vegan, 5.0 out of 5 based on 1 rating

Subscribe to Our Newsletter!

Subscribe

Related Posts



White Bean Gravy

Pinterest

169

Subscribe to Our Newsletter!

Subscribe

Related Posts



White Bean Gravy

SPREAD THE NEWS



Read below or [add a comment...](#)

One Response to "Vegan Nanaimo Bars by The Cozy Vegan"

Shevy Singh says:

December 18, 2013 at 1:33 pm

DELISH!!!



Rating: 5.0/5 (1 vote cast)

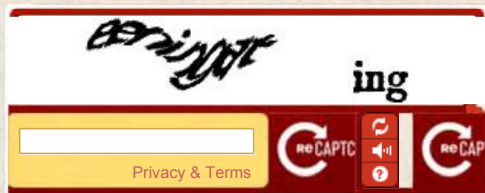
Reply

Leave A Comment...

Name *

Email *

Website



SUBMIT



Subscribe to notifications for this topic.

News

Newsworthy
Trailblazers

Vegan Recipes

Living

Lifestyle
Books
Veggie Kids
Sustainability
Non-GMO

Products

About



[Home](#)|[About](#)| [FAQ](#)|[RSS](#)|[Privacy Policy](#)|[Terms of Service](#)|[Contact](#)|[Help](#)|

Made in USA | ©2014 GFA Brands, Inc.